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ACTIVITIES AFTER A C-SECTION

It will take about 4-6 weeks to heal from a c-section. Do not expect to be very active for the next few weeks. Give your body the time it needs to heal. It takes longer for women of an unhealthy weight to heal from a c-section.⁶⁻⁸ Women that have diabetes can also take longer to heal.⁵ Women do not realize how easily their wound can tear in the recovery period.

Do not do too much too soon. Follow what your doctor said to heal properly. Here are a few tips

TIPS OF THE WEEK

- Walking helps your c-section heal.
- Do not lift anything heavier than the baby.
- Walk 15 minutes each day. That equals 1,500 steps each day!

to help you heal from surgery:¹⁻⁴

2-3 WEEKS AFTER GIVING BIRTH

- You can make quick and easy snacks, like a sandwich or tossing a salad. Someone should place the ingredients on the counter for you. This helps lower the risk of tearing the c-section wound. Someone else should cook meals that take longer to make.
- Spend a few minutes walking, but do not try to walk faster. Wear your pedometer all day, except when you shower and sleep.
- Do not walk up and down stairs.
- Try not to stretch, or bend over to pick things up from the floor.
- Do not lift anything heavier than the baby.
- Drink water!

4-6 WEEKS AFTER GIVING BIRTH

- Ironing and cooking are safe to do. Do not cook meals that take long to make.
- Ask friends to help with cooking and house cleaning.
- Spend a few minutes walking, but do not try to walk faster. Wear your pedometer all day, except when you shower and sleep.
- Try not to lift anything heavier than the baby.
- Drink water!

7-12 WEEKS AFTER GIVING BIRTH

- Vacuuming is safe to do.
- Spend a few minutes walking, but do not try to walk faster. Wear your pedometer all day, except when you shower and sleep.
- Easy stretches and slowly walking up and down stairs are safe to do.
- Drink water!



RESOURCES:

C-SECTION RECOVERY: WHAT TO EXPECT

mayoclinic.org/healthy-living/labor-and-delivery/in-depth/c-section-recovery/art-20047310

MARCH OF DIMES – RECOVERING AFTER C-SECTION

marchofdimes.com/pregnancy/c-section.aspx

EXERCISE AFTER PREGNANCY: HOW TO GET STARTED

mayoclinic.org/healthy-living/labor-and-delivery/in-depth/exercise-after-pregnancy/art-20044596

THE TRUTH ABOUT C-SECTIONS

webmd.com/baby/features/the-truth-about-c-sections?page=3

APPS:

SEAMLESS MD

<https://itunes.apple.com/ca/app/seamlessmd/id696595041?mt=8>

PEDOMETER STEP COUNTER

itunes.apple.com/us/app/runtastic-pedometer-step-counter/id442894329?mt=8

BLOGS:

WHAT DOCTORS DON'T TELL YOU AFTER A C-SECTION

kbellqueen.blogspot.com/2008/01/what-doctors-dont-tell-you-after-c.html

VIDEO:

C-SECTION RECOVERY, FIRST 2 MONTHS

babycenter.com/2_c-section-recovery-the-first-two-months_10314059.bc

MY FITNESS PAL

myfitnesspal.com/

PEDOMETER, NUTRITION, CALORIE AND ACTIVITY TRACKER

itunes.apple.com/us/app/argus-motion-fitness-tracker/id624329444?mt=8

BLUE-EYED BRIDE – 6 C-SECTION RECOVERY TIPS

blueeyedbride.com/2012/09/21/6-c-section-recovery-tips/

C-SECTION RECOVERY TIPS, BENEFITS OF BELLY-BINDING

youtube.com/watch?v=EftoCreqhcs

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3. The American College of Obstetricians and Gynecologists. FAQ labor, delivery and postpartum care: cesarean birth (2011).
4. WebMD. The truth about c-sections. Retrieved from <http://www.webmd.com/baby/features/the-truth-about-c-sections>.
5. CDC (2010). Gestational diabetes and pregnancy. Retrieved from <http://www.cdc.gov/pregnancy/diabetes-gestational.html>
6. Conner, S.N., et al. Maternal obesity and risk of postcesarean wound complications. *Am J Perinatol* 2013;4:299-304.
7. McLean, M., et al. Type of skin incision and wound complications in the obese parturient. *Am J Perinatol* 2012;29:301-6.
8. Subramaniam, A., et al. Risk factors for wound disruption following cesarean delivery. *J Matern Fetal Neonatal Med* 2012 [Epub ahead of print].
9. Personal communication, July 10, 2014.