



Cesarean Birth Incision Care

In your first 3 weeks at home, you can do a few easy things to make sure your incision heals well.

Clean Your Hands

Do

Wash your hands with warm water and soap for 20 seconds or use alcohol-based hand sanitizer any time before touching your incision.



Care for Yourself

Don't

- Lift anything heavier than your baby. This could put increased pressure on your internal stitches.
- Drive if it causes pain or if your driving reflexes are slowed. If you're taking opioid pain medication, don't drive until you stop using this medication.



Clean Your Incision

After your bandage is removed, gently clean your incision with warm water and soap every day.

Do

- Use a clean washcloth or towelette.
- Use a mild soap.
- Rinse soap off with warm water.
- Pat the incision dry using a clean, dry disposable cloth or washcloth before covering it with clean clothing.



Don't

- Use hydrogen peroxide or rubbing alcohol. These may slow your healing.
- Share washcloths or soap.
- Soak in the tub.
- Apply lotions, powders, or oils to the incision or area around it.



Check Your Incision

Check your incision every day after your dressing is removed. You may have to lift your belly and use a mirror to see it.

Your incision is healing normally if the edges meet neatly and are close together. There may be some redness along the incision line, and a small amount of blood or clear fluid leaking the first few days after surgery.

Your incision may be infected if it:

- Feels firm or hot.
- Is red and swollen and has red streaks leading out from the incision.
- Has drainage that's bloody, or green/yellow, thick, or white pus.
- Smells bad or begins to open.

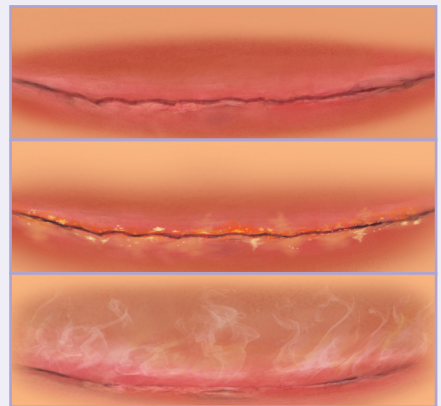
You may or may not have a fever with these symptoms.

If you have darker skin, your incision may look different. Ask your doctor what to look for.

Normal healing



Infected incision



When to Call Us

Call our 24/7 Appointment and Advice Call Center at **866-454-8855** immediately if:

- Your incision opens.
- You have new pain or pain gets worse in your belly or pelvis.
- You have any of the symptoms of infection listed above.

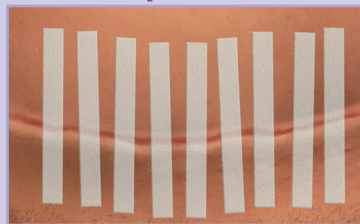
Your Incision

Glue



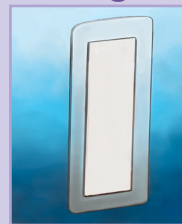
The glue doesn't need any special care. It will fall off on its own.

Steri-strips



Steri-strips should be taken off in 7 to 10 days if they don't fall off on their own.

Bandage



Remove on:



Other

