



Looking After Your Caesarean Section Wound

Before your operation

Please have a shower / bath on the day before AND on the morning of your operation using soap and a clean towel, paying particular attention to the lower abdomen and bikini line area. Do not use any creams or talcum powder after washing.

If you have been tested positive for MRSA at your pre-operative assessment you will be given a treatment shower gel to shower with prior to your operation.

Please do not shave your bikini line area or lower abdomen for 1 week prior to your surgery date.

After your operation

Once your dressing has been removed you can shower and wash the area with soap and water pat dry with a clean towel.

Wear loose fitting underwear so that it doesn't rub against your wound. Remember to try and eat well, get plenty of rest and refrain from any lifting / driving until you feel able to do so.

Your wound

You will have a dressing on your wound for at least 5 days or longer in some cases.

Your midwife / doctor will advise you whether you have stitches that need to be removed or ones that will dissolve in your skin. If you have dissolvable stitches these usually get absorbed into the skin within 2 weeks.

If the stitches aren't those that dissolve then your midwife will remove these 5 - 7 days after your operation.

What do I need to watch out for?

- More pain than normal / increasing pain and discomfort
- Redness and swelling around your scar area
- Any oozing pus / discharge from your scar area
- You feel hot, unwell or shaky
- You have any offensive discharge from your vagina

If you have any concerns about your wound don't hesitate to contact us on:

Fetal assessment Unit (9am to 4pm Monday to Saturday) 01922 656249

Maternity Triage (24 hours a day) 01922 656967

Delivery suite (24 hours a day) 01922 656246

How can I help in preventing wound infection?

DOs

- Shower before your surgery
- Wash your hands regularly
- After surgery shower when your midwife advises you to do so. Use gentle soap / shower gel to wash your wound and pat dry with a clean towel
- Wear loose fitting clothes
- Contact triage or your midwife / GP if concerned at all about your wound

DON'Ts

- Do not touch or mess with your wound /dressing
- Do not attempt to remove stitches on your own
- Do not remove your dressing for 48 hours unless specifically advised by a health care professional
- Do not use any creams or powders on your wound