

Do's and Don'ts of Healing From a C-Section

After having a C-section, your body needs time to heal. A full recovery typically takes 6 to 8 weeks. Follow this checklist to take good care of yourself as you recover.

DO: Rest as often as needed. It's normal to feel tired. DO: Limit your daily activities for as long as your healthcare provider advises. Walking is best. Start slowly to build strength and stamina. DO: Take pain medicine, if needed. Take it as directed.

DO: Clean your surgical wound every day. Use warm water and soap. Then pat dry. DO: Check the wound every day for signs of infection. Call your healthcare provider if it: Turns warm, firm, red, or swollen; Has red streaks coming from it; Has blood or pus leaking out; Smells bad; Or starts to open.

DO NOT: Soak in a tub or pool until your doctor says it's okay, usually around 4 to 6 weeks. Showering is okay. DO NOT: Lift anything heavier than your baby for as long as your healthcare provider advises. DO NOT: Drive for at least 2 weeks. DO NOT: Have sex until your healthcare provider says it is OK to do so.

Remember: Give yourself plenty of time to heal so you can feel your best and better take care of your baby. Follow this checklist to help you fully recover from your C-section.