



## Postpartum Care After a C-Section



### Overview

After you give birth, your body needs time to heal. We call this the "postpartum" period. It usually lasts about six weeks. It's important to follow your care plan during this time so you can make a full recovery.

### Common problems

So, what types of issues can you expect? It's common to have vaginal soreness and sore breasts. You may have contractions and vaginal discharge. You may have problems with peeing and pooping. You can have weight loss, hair loss and skin changes. You may have severe mood swings. And you may have pain or discomfort linked to your C-section.

### Get plenty of rest

Let's talk about some basics of care. You'll want to get plenty of rest. Keep things you need within reach. Don't lift anything heavier than your baby for a few weeks. Wait until you've healed before you do any strenuous exercise. Follow your care plan.

### Managing your incision

You need to keep your incision clean and dry. Wash it gently by letting soap and water run over it. Don't use lotions or creams until it has healed. Watch closely for signs of infection. Your care provider may recommend pain relievers to help with incision pain.

### Mental health

And finally, know that it's normal to have feelings like sadness and anxiety after childbirth. But a deep sadness you still feel weeks after giving birth is called "postpartum depression." If you have this, tell someone so you can get the care you need.

### Conclusion

By following your care plan, you can help make sure your recovery goes as smoothly as possible.