

DISCHARGE INFORMATION

DR RANA

CAESAREAN SECTION

What to Expect

It is normal to have vaginal bleeding for up to 6 weeks. It will become lighter slowly. You will have a glued tape or a dressing on your cut with self dissolving stitches under the skin. **Please peel your tape/ dressing on day 7 in the shower. After removing the tape, dab dry your skin with towel after showers to keep it dry.**

Most women will need pain killer medication for at least one week after the Caesarean.

Dr Rana's administrative staff will send you 6 weeks follow up appointment after discharge.

Activity

Getting up and walking around once you are home will help you heal faster. You should be able to return to normal activity in 6 to 8 weeks. Before then:

- Do not lift anything heavier than your baby for the first 6 to 8 weeks.
- Short walks are an excellent in the first few weeks after a caesarean delivery.
- Avoid heavy housecleaning, jogging, and most exercises.

Don't drive a car for at least 2 weeks.

Sex can begin any time after 6 weeks.

After C-sections that follow a long labour, many women may feel defeated/ sad/ anxious/ depressed. Many of these feelings are normal, even for women who had a vaginal birth. Try talking with your family about your feelings. [Seek help from your provider](#) if these feelings do not go away or become worse.

When to Call the Doctor

If you have vaginal bleeding that's very heavy with passage of clots or you feel that you may have developed an infection in your wound or bladder.

DR RANA – Telephone Number: (07) 49656565
Mater Hospital After Hours Service: (07) 49655455