

C-Section Recovery



While there's a general 6 week timeframe for healing from a caesarean birth, each person's timeline is so different. Don't compare your healing to someone else's. Your body needs rest!

MANAGING THE SCAR

SCAR TISSUE MASSAGE

After your scar has completely healed, massage can decrease scar tissue which is important for healing and mobility. Massage breaks up tightness of the scar and can restore elasticity to the tissue and reduce pain and sensitivity. Start by desensitizing the skin around the scar, using up and down and side to side motions above and below the scar, slowly move to the scar using circular motion.

Ice Ice Ice! Ice will help alleviate soreness, decrease pain and discomfort, reduce swelling, and speeds up the healing process.

Your scar can contribute to pelvic pain, painful sex, constipation, bladder issues, and sensitivity if not managed or treated.

EXERCISE

After a cesarean birth, it can be a slow recovery, especially getting back into exercise. Make sure you get clearance from your doctor before beginning exercise. Diaphragmatic breathing while laying down in bed is a great place to start, and slowly incorporating gentle pelvic floor contractions as a foundation to start firing those muscles again. Go slow, take your time, and listen to your body.

FIRST BOWEL MOVEMENT POST SURGERY

For your first bowel movement after surgery, use a pillow or other padding to apply gentle pressure over your abdomen. This will support your incision and helps the muscles regulate the pressure when moving the bowels downward.