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A top five recovery tips for Caesarean Recovery

Brought To You By the Australasian Birth Trauma Association

1 Listen to your body

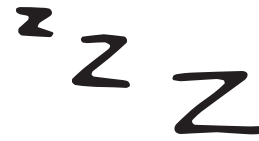
It's normal to experience pain in the first few weeks after a caesarean, and the amount of pain varies from woman to woman. Take pain relief as required in the early days, as this will allow you to gently move around more comfortably. You will become more mobile each day, but be sure to listen to your body – if you overdo it, you may experience more pain or swelling around your incision. Take that as your cue to take a break.

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2 Sleep when you can

This one is easier said than done, but if you have some support at home, aim for one nap per day. Your body is recovering from abdominal surgery and needs the rest to help with healing.

2



3 Be mindful of how you move

Aim to log roll out of bed to avoid any extra pressure over your incision. If you are standing up from a chair, gently contract your lower abdominals or use your hand to support your belly to give your incision some extra support.

3

DON'T OVER DO IT
(YOUR BODY WILL
TELL YOU) ←

4 Consider using compression support garments

Support shorts or leggings (such as SRC or Solidea - you can buy these online, through your women's health physio or even on online Marketplaces). They provide compression around your abdominals and pelvis. The compression can help make your tummy feel more comfortable and promote blood flow to the incision for healing.

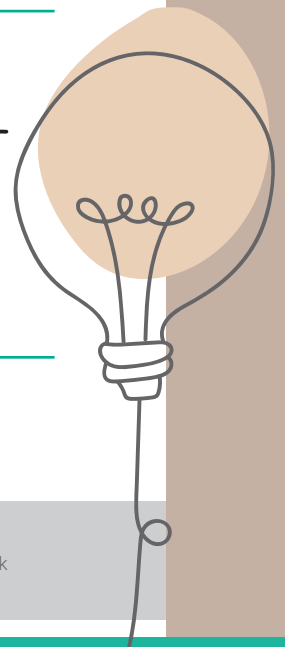
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5 Gentle movement

As you begin to feel more comfortable, you can begin going for short walks. Try to avoid using a baby carrier in the first four weeks, as it may rub against your incision. Aim to push your baby in a (light) pram instead. When you return home (usually after 4-5 nights), you can begin some stretching as tolerated, and gentle exercises such as the ones shown below.

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THINK ABOUT
HOW YOU
MOVE



This guide explains some of the typical physical and emotional changes and challenges that can happen following a caesarean birth, as well as tips and advice for a healthy recovery. You can use this information to help guide conversations with your healthcare providers, family and friends, and ask informed questions.