

Cesarean Birth (C-section)

A C-section is a surgery to have a baby. More than 30% of births are by C-section. Some women plan to have a C-section. Other women don't plan on it but end up needing it. There are some risks after having a C-section, so you and your baby will be watched closely. You can expect these things after a C-section:

- Often stay in the hospital for about 48 hours
- Lots of blood pressure, heart rate, temperature, and breathing checks for you
- Lots of heart rate, temperature, and breathing checks for your baby
- You may need stronger pain medications
- You may need antibiotics

Questions from Moms:

Q: What if I am having a lot of pain after my C-section?

A: It is normal to have some pain after a C-section. If you are having too much pain, your nurse can give you strong medications along with regular over-the-counter medications. You should let your nurse know if you are in too much pain.

Q: How long will it take me to heal?

A: It can take about 6 weeks to heal.

Q: Is there anything that I shouldn't do after my C-section?

A: You shouldn't lift anything heavier than your baby. Showers are okay, but you should avoid bathing. Finally, you shouldn't drive for 4-6 weeks after your C-section (check with your insurance company).

Q: Will I need to have a C-section with my next pregnancy?

A: Sometimes, but not always. You should talk to your doctor about this at your post-partum check-ups.