

A person's feelings about their cesarean vary in range from happiness to depression. Each person heals and grows into their new role of a parent at their own pace and it is important not to put time limits on this process.



# RECOVERING from a CESAREAN

TIPS ON HEALING



[Support@ican-online.org](mailto:Support@ican-online.org)  
[www.ican-online.org](http://www.ican-online.org)  
[www.facebook.com/ICANonline](https://www.facebook.com/ICANonline)

The International Cesarean Awareness Network, Inc. (ICAN) is a non-profit organization that was founded in 1982. ICAN's mission is to improve maternal-child health by preventing unnecessary cesareans through education, providing support for cesarean recovery, and promoting vaginal birth after cesarean (VBAC).



While this is an exciting time for you and your family, a cesarean is major abdominal surgery and you may be feeling sore and tired. New parents like you need and deserve to have extra support during this special time of recovery and healing. Those who have experienced either a planned or unplanned cesarean respond to the surgery in very individual ways. Physically, some will heal very quickly while others report that recovery took much longer.



**CALL YOUR PROVIDER IF YOU ARE CONCERNED ABOUT ANY SYMPTOMS YOU MAY BE FEELING. THERE ARE NO "STUPID" QUESTIONS! CALL AS OFTEN AS YOU NEED.**

## HEALING AT HOME

- Ask for help whenever you need it!
- Ask for your provider's advice on lifting.
- Let others handle household chores.
- Ask for help with caring for siblings.
- Consider hiring a postpartum doula. Have several diapering areas so you can easily access changing items.
- Clothe yourself based on what you need. Staying in your pajamas may remind others that you are still recovering!
- Fill a basket full of little useful things you can carry with you. Snacks, a book, lotion, extra water bottles.
- Eat healthy foods and drink plenty of water.
- Talk to your provider about when you can resume normal activities.

## HEALING AT THE HOSPITAL

- Ask for assistance when you need it, and keep the call button close by.
- If possible, ask a family member or support person to stay with you.
- Ask your provider about pain medications.
- Some may find relief from using pillows to support their abdomen when turning, coughing, standing, and nursing.
- Rest as much as possible.
- Ask your provider and nurses about walking the halls.
- Eat healthy foods and drink plenty of water.
- If you plan to breastfeed, ask your nurse to send a lactation consultant to see you.

## LONG TERM HEALING:

- Share your feelings with others who understand what you have gone through. Talk about your experience as much as you feel is necessary.
- Write your birth story with as many details as possible.
- Ask for help whenever you need it.
- Seek support from available resources.