

If you require this information in an alternative language  
or format (such as Braille, audiotape or large print)  
please contact Therapy Services  
(or if you want to be more specific)

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# Advice after Caesarean Birth



**If you have any queries your obstetric physiotherapist will be pleased to give advice.**

Your obstetric physiotherapist is:

.....

Tel No: .....

# Important Advice....

## Going Home in the car?

Pop a pillow between yourself and the seat belt. This may increase your comfort.  
Expect to feel tired.  
Take plenty of rest.

## Driving? (Start GRADUALLY)

When you start driving again will depend upon your rate of recovery. CHECK with your insurance company that you are covered.

CAN YOU CONCENTRATE?

CAN YOU DO AN EMERGENCY STOP?

## Sex?

When you feel ready.

You may feel a temporary lack of interest....this is normal.

**REMEMBER** to use a contraceptive!

## Sport?

Avoid strong abdominal exercises and competitive sport for 3 months. If your wound is healed, your pelvic floor is strong and your 6 week post-natal check is clear you can return to sporting activities.

## A good lifting technique

Make sure your legs take the strain and not your back.

**BEND YOUR KNEES.**

**KEEP YOUR BACK STRAIGHT.**

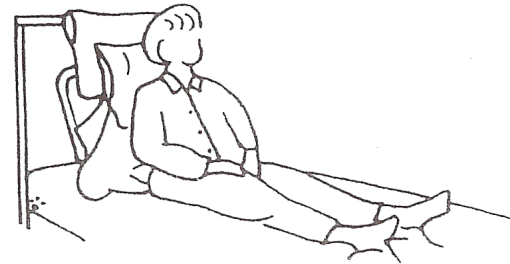
Pull in your tummy and your pelvic floor before you lift.

**TRY TO AVOID LIFTING HEAVY WEIGHTS** eg pram, toddler for 2/3 months.

# Comfort

## Sitting

Placing a small pillow or roll in the "small" of your back may increase your comfort.



Bending one or both knees up from time to time may help to relieve discomfort.

Make sure you are well supported ... good for your back and your tummy will not feel as sore.

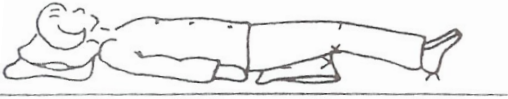
Whether breast or bottle feeding, pillows will help to raise baby up . . . and . . . will protect your stitches.



**Adopt a similar approach when sitting in a chair**

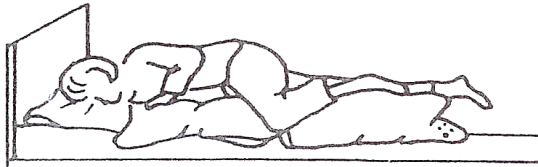
## Lying

### Plenty of rest is essential



When lying on your back you may find it more comfortable with a pillow under your thighs.

When lying on your side your comfort may be increased by using pillows for support.



This may also be a comfortable position for feeding.

## Pelvic Floor

These are the muscles which support your abdominal contents and control your front and back passages.

If you have a catheter in place only start your pelvic floor exercises once your catheter is removed and you have passed urine normally x3 times with no problems.

Imagine that you are trying to stop yourself from passing wind, and at the same time trying to stop your flow of urine mid-stream. The feeling is one of "squeeze and lift", closing and drawing up the back and front passages.

It is important to do this without:

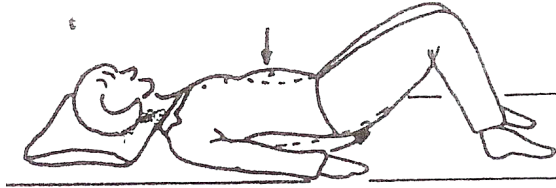
- tightening your tummy or buttocks
- squeezing your legs together or
- holding your breath!

In other words, only pelvic floor muscles should be working ...

- Hold the lift for as long as you can
- Release
- Rest (approx 4 seconds)
- Repeat as many times as you can
- Now do up to ten short, sharp contractions
- Perform this section as often as you can (hourly) any-time, anywhere, any position. Once you can stop your flow mid-stream, perform this section 2/3 times daily for

## Pelvic Tilting

Lie on your back with your knees bent and your feet flat on the bed/floor



repeat several times....

Pull in your tummy

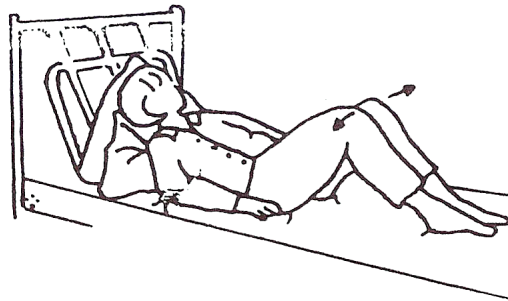
Press the small of your back down into the bed

Hold that position for a few seconds (do not hold your breath)

## Knee Rolling

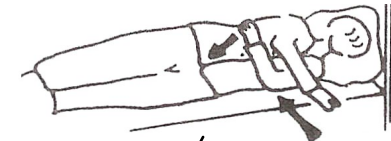
Pull in your tummy

Take both knees gently to the left then the right only as far as it is comfortable.

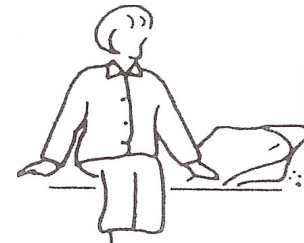


repeat several times

## Getting out of Bed



use this hand to support your head if necessary...



progress to standing slowly ...



stand tall...



**A GOOD POSTURE IS ESSENTIAL.** It will be more comfortable and will help to protect your back

## Getting into Bed

reverse the process

# Breathing Exercises

Whilst you are inactive it is very important to use your lungs well, especially if you have had an anaesthetic.

- TAKE A DEEP SLOW BREATH IN through your nose.
- HOLD FOR A COUNT OF TWO
- SIGH THE AIR OUT

Repeat this three times

Do this exercise regularly until you are up and about (this exercise also helps to loosen phlegm)

- **COUGHING**
- **LAUGHING**
- **SNEEZING**



Adopting this position will help decrease discomfort...

... supporting your wound with both hands may be sufficient ...

## COUGHING

If you feel the need to cough something up (phlegm), the least painful and most effective way is to 'huff' (a short forced breath out through your mouth, like steaming up a mirror).

# Exercises

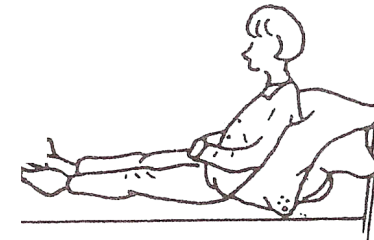
## 'THE RULES'

- listen to your body
- stop when it hurts
- stop when tired
- never exercise if feeling unwell
- continue these exercises when you return home

## Circulation

Briskly circle or bend and stretch at the ankle for 20 - 30 seconds

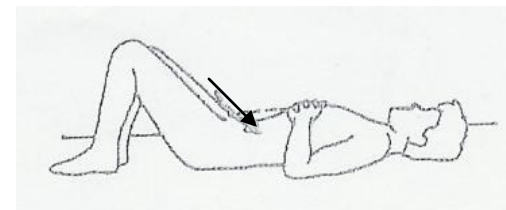
start immediately  
... continue until  
you are up and  
about



helps maintain  
circulation and  
prevent/reduce  
swelling

as often as possible

**Lower Abdominal Muscles—to increase tone and strength of abdominal muscles.**



Lie on your back with your knees bent. Gently pull your tummy in towards your spine. Do not hold your breath. Aim to hold for five seconds then relax. Try to repeat six to eight times per session.