

# 1. Physical Care

## MODULE 7

After a cesarean birth, you will likely experience pain from your incision. Don't hesitate to ask if you need pain medication.

For the first 24 hours after the birth, you will have an IV to make sure you get enough fluids and a bladder catheter to help you urinate. You will be offered fluids and will slowly be encouraged to eat if you feel like it.



To make it easier to have a bowel movement after surgery, drink plenty of liquids and walk as much as possible. Your health care provider may suggest a stool softener or mild laxative. When you have a bowel movement, support your incision with your hands while you push gently.

After a cesarean, limit your activities such as lifting, hauling, and pushing for four to six weeks to allow the incision to heal.