

Signs of a normal healing wound

- Slight redness along the wound.
- Possibility of some localised swelling.
- Tenderness and pain around wound area.
- Small amount of clear fluid coming from wound.

Possible signs of a wound infection

- Increasing redness to wound area.
- Increased swelling around wound area.
- Increasing pain or tenderness (especially at rest).
- Increasing amount of fluid oozing from the wound and a change in colour.
- Smell from the fluid coming from the wound.
- Developing a higher temperature.
- Feeling generally unwell.
- Offensive vaginal discharge.
- Localised heat around wound area.

Please contact your community midwife if you have any concerns.



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Care of your Caesarean Section wound following the birth of your baby



Information Leaflet
for Mothers

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Author: Women & Child Health

What is a Caesarean Section?

Caesarean section is an operation to deliver your baby. A cut is made, usually just along your pubic hair line (bikini line), which is just big enough for your baby to be delivered.



Caring for your Caesarean Section wound

It is important that you are fit and healthy to care for your baby and to reduce the risk of infection. Please follow the guidelines below:

Hygiene and wound care

- Your wound will be covered with a dressing, which will not be removed for 48 hours.
- Dry the wound area carefully following a bath or shower.
- Wash your hands before and after going to the toilet and after changing your baby's nappy.
- Wear loose-fitting, comfortable clothing and cotton underwear.



Sleep

Good quality sleep is essential after having a baby and this is not always easy. In the first few weeks, try to rest or sleep at the same time as your baby is sleeping.

Eating a well-balanced diet

Include all the food groups i.e. Fruit and vegetables, Protein, carbohydrate and fat paying particular attention to protein-type foods to help encourage tissue growth. If you have been prescribed iron supplements it is important to continue to take these as well. You should drink plenty of fluids.



Pain control

Being in pain can affect how well your immune system works – this is the part of the body that helps us to fight infection. By taking the pain medicines that you have been prescribed, you should be able to sleep better and also move about more easily. It will also reduce your risk of developing a chest infection or Deep Vein Thrombosis (DVT).

Stress and anxiety

Having a new baby is an exciting time and can bring about lots of changes. It can also be a stressful time, as you adapt to motherhood. Lack of sleep, poor diet and pain can all affect your stress levels. It is important not to expect too much of yourself, particularly in the early weeks. You should accept help from family and friends whenever offered.

Smoking

Smoking has an adverse affect on tissue growth and repair within the body. Therefore, wound infection rates are higher in women who smoke