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Caesarean Section Incision Care

POST-OPERATIVE CAESAREAN SECTION INCISION CARE

Wound healing and strengthening takes about 6 weeks

- Keep incision clean and dry
 - Wash daily with mild soap and water
 - Pat dry after shower or washing
 - You may need to lift your tummy to do this
 - Expose your incision to air at least once a day
- Steri-strips (little pieces of tape) will fall off on their own. You may remove any still on after 2 weeks
- Avoid lifting anything heavier than your baby for 6 weeks
- Make sure your clothing does not rub directly on the incision
- Check your incision every day and call your doctor if:
 - Your incision becomes red, swollen or more painful
 - Your incision begins to drain
 - Your incision begins to smell
 - Your incision begins to open up
 - Your incision begins to bleed
 - You develop a fever

Follow up Instructions

Make a follow up appointment with the surgeon or your obstetrician for 6 weeks post partum

Approximate date: _____

Doctor: _____

Phone Number: _____

If you have any questions you may contact your public health nurse or the BC Nurse Line at 604-215-4700

Additional Information
