



*Caring Hearts, Healing Hands*

## LARAMIE PHYSICIANS FOR WOMEN AND CHILDREN

2710 E. HARNEY STREET, LARAMIE, WY 82072

**WOMEN'S HEALTH**  
(307) 745-8991

**PEDIATRICS**  
(307) 721-3118

# Cesarean Delivery - Postpartum Instructions

## General Information

After having your baby, the postpartum period can be challenging for mothers and families. Your body needs time to heal, resting is important and little or no housework should be done. It is common to feel overwhelmed emotionally and physically—keep open communication with your medical provider and support system. Ask for help when needed

## What is recommended after I go home?

- Your activity level should be kept low until your medical provider releases you for increased activity
- Drink plenty of fluids to keep you hydrated; also eat healthy meals to restore energy
- Bleeding may occur and increase with too much activity; use this as a measure to see how much activity is too much activity

## What should I avoid after going home?

- Sexual intercourse until your medical provider clears you
- The use of tampons or douche
- Public pools, hot tubs or taking a bath until you are fully healed
- Lifting anything heavier than your baby
- Using stairs repeatedly
- DO NOT exercise until your medical provider says it's okay

## What can I do to help emotionally after a cesarean?

- Take time to sit and bond with your baby
- Discuss the birth and negative feelings with your support system or medical provider
- If you have trouble with breastfeeding, contact our office to discussing using a lactation consultant
- Ask for help! If you have questions about the pregnancy experience or regarding postpartum depression talk to your medical provider

## When To Call Our Office—(307) 745-8991

- Fever over 100.4°F
- Severe headaches that don't get better with time
- Sudden stomach pain, tenderness or burning
- Pain in the incision area
- Blood in the urine or burning sensation while urinating
- Heavy bleeding that soaks a maxi pad or passing of large clots
- Feelings of anxiety, panic or depression