



Your important health information

Looking after your caesarean section wound

Your wound starts healing within hours of your surgery but will take four to six weeks to be strong.

Dressing

- Your wound will be covered with a shower proof dressing. If water leaks through the dressing or it begins to come off while you are in hospital, ask your midwife to change it.
- The shower proof dressing will stay on between five to seven days. It may be removed just before you are discharged, by the midwife visiting you at home or your obstetrician.
- You might have tape called Steri-Strips underneath your waterproof dressing. The Steri-Strips may start to peel off. The midwife visiting you at home or your obstetrician will remove or replace them.
- You may have a clear firm dressing called Comfeel. Please leave this dressing on for 14 days unless advised to remove it earlier by your midwife or your obstetrician.

Stitches

Most women have dissolving stitches that do not need to be removed. Some women have a stitch that needs to be removed. If so, this may be removed before you go home or by the midwife who visits you at home. If you are a private patient the stitch will be removed before you go home.

At home

Once the dressing has been taken off, keep your wound clean and dry.

To minimise rubbing on your wound wear:

- comfortable high-waisted underpants rather than bikini underpants
- loose fitting clothing to let the air move around
- a sanitary pad or panty liner placed against your wound. This may be more comfortable. Your underpants will keep it in place.

Try to minimise lifting anything heavier than your baby for the first six weeks.

Ask for help with lifting and household chores wherever possible.

Don't be afraid to have a look at your wound. You may need a mirror to do this. You can check how well your wound is healing.

Unexpected changes

Watch for the following changes in your wound:

- increasing pain of the wound and feeling hot to touch
- increasing redness, swelling or puffiness around the wound
- smelly wound discharge or fresh bleeding
- a wound that is beginning to open up
- fever (above 38° Celsius), feeling cold and hot or extreme tiredness.

If you notice any of these changes, contact your doctor or closest Emergency Department.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Emergency Department:
Phone: 03 8458 4001

Werribee Mercy Hospital

Emergency Department:
Phone: 03 8754 3300

Acknowledgements

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MHVL

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