

Tips after a caesarean birth by Joanne Yeoman

1. Internal arnica pillules
2. Take the pain relief provided by the hospital, it really will help movement and comfort. Have breakfast in bed (honest)! This allows you to refuel, take the medication and build up to gradually moving downstairs. Have changing stations in both locations. Moses basket downstairs for sleep as well as upstairs would be ideal.
3. Limit movement, especially initially. Don't stretch or twist too much. My wound opened slightly, which I wasn't informed might happen. This was a bit of a shock. I rang the hospital and they offered advice and reassurance. A sanitary pad against it helped. As is said it's a major operation and rest is necessary. Housework will wait.
4. Big pants! M and S do the best ones I found with soft seams. Dresses/ trousers which go above the scar.
5. Gentle walks helped. Physio leaflet will also suggest ways to move out of bed etc. I know a friend who tied a rope to the bed to help pull her up. We installed a bannister while I was in hospital!
6. I found gentle cleaning of the wound in one direction with cotton wool and water helpful. Showers rather than baths.
7. Breastfeeding using the side rugby hold to limit the baby on your tummy.
8. The standard access to drinks while nursing. Travel mugs with lids and sports drinks bottles are good. A jar of nuts/seeds/fruit is handy. Breastfeeding multivitamins were good.
9. As time goes on you will be stronger. I found after 12 weeks I felt a significant difference. I felt more confident exercising and wearing my sling. I like the Ergo. 5 months on I'm back climbing and look forward to running. My scar has healed well. I have a little section of slight numbness above, but it will gradually return. I am considering using bio oil now. But I imagine you could use much sooner.

It felt like a significant event having the caesarean birth, as it was unplanned in my case. But the beautiful and blossoming baby that came out, delivered by professional and caring staff, over shadows the event.

Look after yourself and the baby, if in doubt relax and have a snack! I haven't read the book but a yoga pal said the baby whisperer book suggests -E.A.S.Y. - Does the baby need to Eat, need Activity, need to Sleep, and finally make time for Yourself :)

Oh last but by no means least you will need someone to physically help you initially and frequently after that as you strengthen. A helpful husband/ partner /friend/family is a must!

I hope some of these points are helpful, you no doubt will discover and develop your own in addition.

Good luck on your journey into recovery and motherhood , well done! Babies arrive into the world in all manner of ways, but make it sweeter with their presence all the time.

Take care, with loving kindness

Joanne x