

Preparing for a Cesarean Section

Important Facts:

Date:

Time:

The night before your surgery:

+ **DO NOT** eat or drink any food, water, milk, coffee, gum or breath mints after midnight the night before your surgery.

+ Shower or take a bath using the special soap that is provided to you by the nurse in the clinic. “Hibiclens” is to be used from the neck down being careful to avoid your face, hair and private areas.

+ **DO NOT** shave private areas. If this needs to be done, it will be done at the hospital just before the surgery.

+ Make sure your bag is packed with items you wish to bring with you to the hospital.

+ It is **VERY IMPORTANT** to bring your ID, insurance card(s) and consent for sterilization or TOLAC (if these apply to you).

The morning of your surgery:

+ Remember, **NO FOOD** or **DRINK**

+ Shower or take a bath using the “Hibiclens” soap.

+ **DO NOT** bring valuables with you. Leave them in the car until after you are in your hospital room on the Mother Baby Unit.

+**DO NOT** wear artificial nail or nail polish the day of surgery.

+**DO NOT** wear any makeup the day of surgery

+**DO NOT** wear any jewelry the day of surgery. This includes rings, watches, earrings, necklaces, or body piercings.

+Tell your medical team if you think you are sick or have an infection of any kind on the day of your surgery

+ Make sure your hair is completely dry before you arrive for surgery. If you have long hair, bring something non-metallic to pull it back.

+ Brush your teeth before surgery; just be sure not to swallow any of the water.

When you arrive at the hospital:

+ Check in at Labor and Delivery, located on the 4th floor of the BBRP.

+ There is always the possibility that your surgery could be delayed, please bring something to do while you wait.

+ When you are brought back to prepare for surgery you will be asked to change into a hospital gown. Two people may wait with you – NO children are allowed.

+ You will have fetal monitors placed on you, an IV placed, blood work drawn and compression stockings will be applied to your lower legs.

+ Your OB performing the surgery, anesthesiologist and OR nurse will all be in to talk to you and have you sign any paperwork that may need to be completed prior to surgery.

Your Surgery:

+ You will be given a drink to take right before you are taken to the OR, this will reduce the acid in your stomach.

+ You will be taken to the OR by yourself.

+ Your spinal or epidural will be administered then your Foley catheter will be placed. There will be a lot of people around you at this time who are preparing for your surgical procedure. Please be assured they are all there for you and your baby.

- + A large paper drape will be placed at your chest level and you will not be able to see the surgery happening. Once that is in place, your loved one will be escorted into the OR to be by your side. Please be advised that only one person may accompany you into the OR.
- + A team of pediatric doctors and nurses will be in the room to do a physical assessment of your baby(s) once he/she/they are born.
- + Your baby will either be placed with you or possibly transported by the pediatrician's for further assessment.
- + Once your surgery is completed you will recover in Labor and Delivery.
- + In a couple of hours you will be transferred to your room in the Mother Baby Unit.
- + At discharge, a follow up appointment will be made for you 2-4 weeks after delivery

Now you are home

Reasons to call the clinic or OB Triage:

- + Chills and/or fever (above 99.6F).
- +Rapid pulse or heart beating rapidly
- + Foul smelling discharge or bleeding, sometimes a dark brownish-black discharge.
- + Drainage from incision site.
- + Area around incision is red, hot or warm, hard to the touch, or any separation of wound edges.
- + Excessive pain that is not relieved with prescribed medications.

Activities and Restrictions:

- + **DO NOT** drive during the first few weeks or at least 72 hours after you've taken your last pain medication.
- + Use stairs sparingly.
- + **DO NOT** become overly exhausted. Rest when you can, or while baby is sleeping. Adequate rest, nutrition and fluid intake will help you heal faster.
- + **DO NOT** lift anything heavier than your baby.
- + **NO** heavy housework; mopping, sweeping, vacuuming.
- + Avoid sexual intercourse until you have had a follow up appointment with your doctor.
- +Talk with your provider at the time of your post-partum visit to discuss what activities are safe for you to resume.

Contact numbers:

OB Testing and Triage	272-2460
(Open 24/7)	
Women's Health Clinic	272-2245
(Open Mon.-Fri. 8-5)	
Maternal Fetal Medicine Clinic	272-1821
(Open Mon.-Thurs. 8-5)	

