

Southern OBGYN

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Pre- operative instructions for Cesarean Section procedure

- Eat a light meal the night before surgery, nothing too heavy or too late.
- Do not eat or drink anything after midnight on the day of surgery.
- Shave the pubic hair completely down to labia the night before the surgery.
- Use Hibiclenz soap to clean your body in the shower the night before and the morning of surgery. Scrub the abdomen/ pelvis really well.

Day of the procedure

- Do not shave or mark your skin anywhere near your surgical site.
- Do not wear makeup.
- All jewelry, including body piercings, must be removed prior to surgery. Leave all jewelry at home.
- Wear loose and comfortable clothing.
- Please arrive on time. Every effort is made to ensure your surgery begins at the scheduled time; however, your surgery may be delayed as a result of a hospital emergency or because of commonly encountered variations in the length of certain procedures due to unanticipated findings.
- All patients are required to have an escort home after surgery.
- You should have an adult stay with you for 12-24 hours following your surgery.

Post operative instructions for cesarean section

The recommendations that follow are intended as a general guide to your first weeks at home. However, the most important thing is to use good common sense in planning your activities. If it hurts, don't do it; and don't do anything to the point of exhaustion.

- After a cesarean section you should be up and moving about freely soon after the surgery. Gradually increase your activities.
- Avoid heavy lifting- no more than 10 pounds. Avoid strenuous exercise or sports.
- Do not drive for 2 weeks
- You may shower and wash your hair. Tub bath after 1 week. Wash the incision area with soap and water only and pat dry. Keep it open to air when possible.

- No intercourse, douching, or tampons for 6 weeks.
- It is normal to have bleeding and then a vaginal discharge for up to 6 weeks. Use sanitary pads not tampons.
- You may eat and drink as tolerated. Go easy at first, with clear liquids, soup or broth, and crackers, before progressing to solids.
- Increase fiber and fluids if you get constipated. If needed, a stool softener (Surfak, Colace, or a generic equivalent) maybe purchased and taken by mouth as directed. It is common for narcotic pain medicines to cause constipation. If no bowel movement has occurred for 2-3 days, you may use Miralax, Milk of Magnesia, or Senokot. Do not use Correctol or Ex-Lax.
- If you have a clear dressing/ tape on your incision, apply petroleum jelly (vaseline) over it one hour before your post op appointment. This makes it easier to remove in the office.

Precautions

- Contact the office if you experience fever of 100.4 or higher, chills, vomiting, pain unrelieved by using pain pills, vaginal bleeding heavier than a period, or foul-smelling discharge.
- Contact the office if you experience any urinary frequency, urgency, or burning that doesn't respond to increasing fluids, cranberry juice, and nonprescription bladder medicine such as AZO.
- Contact the office if you have any chest pain, shortness of breath, pain in the calves or legs, or redness, drainage, or separation of the incisions.

Your post op appointment has been scheduled on _____@_____