

Recovery tracker following a caesarean section

Time following delivery	How might you feel?	What activity can you do?
12 hours	<ul style="list-style-type: none"> You will be given medication to reduce any discomfort or nausea. You may experience some swelling in your ankles due to immobility, hormone changes and medications. Your bowels may feel sluggish. 	<ul style="list-style-type: none"> You will have regular close contact with your baby. You may lift your baby. Eat and drink regularly. Get out of bed and start moving around as soon as possible. A physiotherapist will guide you on gentle exercises to aid your recovery. Should there be no issues, your urinary catheter and cannula will be removed by the midwife.
24 hours	<ul style="list-style-type: none"> You may feel numbness and soreness at your incision site. You may experience more swelling in your ankles / feet and hands. 	<ul style="list-style-type: none"> Eat and drink regularly. Get out of bed and start moving around. Start your exercises prescribed by your physiotherapist.
48 hours	<ul style="list-style-type: none"> You may be constipated. You may feel gassy and bloated. 	<ul style="list-style-type: none"> Eat and drink regularly. Get out of bed and move around. Continue with your exercises.
1-2 weeks	<ul style="list-style-type: none"> You should feel a lot less discomfort. Your bowels should be almost back to normal. 	<ul style="list-style-type: none"> All of the above. Take a few walks each day – if you need to, take Paracetamol beforehand. Start applying an unperfumed moisturiser to your wound daily. You may be ready to complete light housework, such as washing dishes and cooking.



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<p>2-4 weeks</p>	<ul style="list-style-type: none"> Your energy levels should start to improve. Your incision site may feel a little tighter as it starts to knit together. 	<ul style="list-style-type: none"> All of the above. You can progress your activities around the house, such as putting laundry away.
<p>4-6 weeks</p>	<ul style="list-style-type: none"> Your energy levels should be continuing to improve. Remember you are still recovering and may need to rest during the day. Work on pacing your activity. 	<ul style="list-style-type: none"> All of the above. You may be able to start gentle exercise and activity, such as swimming. You should be able to start driving as long as you: <ol style="list-style-type: none"> Feel comfortable performing an emergency stop. Notify your insurance company to ensure that your cover is valid at this stage of your recovery.
<p>6-8 weeks</p>	<ul style="list-style-type: none"> As above. You should feel a lot less uncomfortable. 	<ul style="list-style-type: none"> All of the above. You can complete more strenuous housework activities, shopping and lifting toddlers. You are able to have sex, should you feel comfortable. You can go back to exercise classes / the gym.
<p>8-10 weeks</p>	<ul style="list-style-type: none"> As above. You may still need to pace your daily activities. 	<ul style="list-style-type: none"> All of the above.
<p>10-12 weeks</p>	<ul style="list-style-type: none"> You should feel more like yourself. You are properly healed by the time you reach 12 weeks. 	<ul style="list-style-type: none"> All of the above.

