

## TIPS FOR

# Gentle movement following a Caesarian Section

### Practice deep breathing

- Expand your belly when breathing in and relax it while breathing out. This will create gentle movement around your incision and support taking deep breaths after your surgery.
- Do 3-5 of these breaths every hour while you are awake

### Change your position during the day and start gentle exercise

- Switch between lying flat and sitting up while you are resting
- Start gentle exercise such as light walking as soon as you are able
- Do range of motion exercises for your arms and legs such as lifting the arms above the head slowly, bending and straightening the knees and moving your feet and toes up and down
- Exercise should not be painful

### Use gentle transitions

- When getting out of bed, roll onto your side and then push up with your arms to sit up from lying down instead of doing a “sit up” motion
- When doing the hardest part of a movement, breathe out. You can do this when lifting something light, standing up, or going from lying to sitting



### Brace your incision during tough movements

- Using a pillow or towel, put gentle pressure over your incision when doing movements that cause pain like coughing, getting out of bed, or getting on and off the toilet

### Gentle scar massage

Start after your staples or stitches have been removed or two weeks after the operation if you have dissolvable stitches.

- Wait until your scar has no more scabbing or leakage
- Use gentle pressure and move the scar tissue in all directions (up, down, side to side and circular motions). This will improve the movement of the scar and help reduce pain in the future.
- You can do this all along the length of the scar
- This should not be painful

### Look out for signs and symptoms of infection

- More redness, warmth or swelling around the incision than before
- New or more pus or fluid draining from the wound i.e. yellow, green in colour
- Fever or feeling unwell
- A bad smell coming from the incision
- Increased pain around the incision

If you notice any of these signs, reach out to your medical team.



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[NiagaraHealth.on.ca/Giving-Birth](https://NiagaraHealth.on.ca/Giving-Birth)

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