

# POST OPERATIVE INSTRUCTIONS FOR CESEARAN SECTION

1. You may experience mild cramping, light bleeding, vaginal discharge, incision pain and numbness in the skin around the incision site.
2. Do not place anything in the vagina (tampons, douches or intercourse) for 6weeks
3. No strenuous exercise for the first two weeks
4. No lifting anything more than the baby for first 2weeks
5. No heavy lifting (>13# of weight from the floor) for 4 to 6wks
6. Call if temperature is greater than or equal to 100.4 degrees
7. Call if worsening pain, or bleeding more than a pad per hour for 2hours in a row.