

## I N F O R M A T I E   O V E R



# You will soon have a cesarean section (C-section)

This usually happens around 39 weeks of pregnancy. In this letter we explain what you can expect.

### Before the operation

- The Admissions Office (020 6346 861) will call you to inform you of the date.
- Two days before the operation we will call you to plan a blood test (done the day before the operation).
- At the agreed time, please come to the delivery ward (route 85) for your blood test. There you will also be told what time to arrive the next day.
- On the day of your C-section, check in at the maternity ward.
- Please buy your pain medication in advance:
- Paracetamol (without caffeine/codeine) – you will start with 8 tablets a day.
- Ibuprofen 400 mg – for the first few days only. (See pain relief advice below.)

Make sure you have arranged postnatal care (kraamzorg). Tell them your operation date. Usually you will stay in the hospital for 1 night.

### On the day of the operation

- Come to the hospital fasting: do not eat after midnight.
- You may still drink water or plain tea (without milk or sugar).
- Before the surgery you will get an IV and pain medicine.
- A catheter (tube) will be placed in your bladder during surgery.
- The nurse will help you get out of bed later that same day.

### On the day of discharge

- Usually you will stay in the hospital for 1 night, sometimes longer.
- The bladder catheter is removed at 6:00 the next morning.

- You may go home if:
  - your pain is well controlled with tablets,
  - you can urinate on your own,
  - you are able to shower with assistance.

## At home

A C-section is major surgery. It is important that you have postnatal care. The maternity nurse and midwife will support your recovery.

### Pain relief during the first 3 days:

- Paracetamol: 1000 mg, 4 times per day (2 × 500 mg tablets). Take every 6 hours.
- Ibuprofen: 400 mg, 3 times per day.

These medications are safe to use while breastfeeding. Stop ibuprofen first, then gradually reduce paracetamol.

### Afterwards:

- If you have less pain: take paracetamol 500 mg, 4 times per day.
- If you have no pain: you can stop taking paracetamol.

### Care of the surgical wound:

- Always wash your hands first.
- Leave the wound uncovered. Do not use bandages, ointment, or disinfectant. Clean only with water.
- Check daily: is the wound red, swollen, warm, or leaking fluid?
- Shower gently. Do not use soap, do not rub. Pat the wound dry with a clean towel.
- Use a clean towel every day.
- Keep pets away from the wound.

### When to contact us?

Call immediately if you

- lose a lot of blood (more than 2 full sanitary pads in 1 hour),
- have a fever (above 38.5 °C),

- notice pus, redness, swelling, or foul-smelling discharge from the wound,
- cannot urinate properly after 4 hours,
- develop a swollen, red, painful, and warm leg (this could be a blood clot),
- have severe abdominal pain that does not go away with painkillers.

## Lifestyle after a cesarean section

### First 6 weeks:

- Move regularly and build up your energy slowly.
- Do not lift anything heavier than your baby.
- When lifting, bend your knees and keep the weight close to your body.
- Gradually resume climbing stairs and cycling.
- Driving: only when it is not painful. Some insurance companies have specific conditions. Check with your insurer if you are allowed to drive again.
- Bathing, sauna, and swimming: only once the wound has healed and you have no more bleeding.
- Sexual intercourse: only once the wound has healed and you have no more bleeding.
- Stitches do not need to be removed. The wound heals in about 10 days.

### After 6 weeks:

- Increase activities gradually. Listen to your body.
- You may slowly begin abdominal exercises.
- Sports are possible again, but let your trainer know you had a C-section.

### After 12 weeks:

- You may do everything again. There are no more restrictions.

### Other advice:

- Wait at least 6 months before becoming pregnant again, so your uterus scar can heal well.
- Breastfeeding does not protect against pregnancy. Use reliable contraception.
- You may experience numbness or increased sensitivity around the scar. This usually recovers within 6–12 months. - Advice on exercises can be found at:  
<https://www.bekkenfysiotherapie.nl/klachten-na-je-bevalling/bekkenbodem-en->

buikspieroefeningen/

## Questions?

Please feel free to contact your own midwife or BovenIJ.

## For appointments and questions:

Monday to Friday: 08:30 – 17:00

Telephone number: 020 6346 103

We hope you felt well cared for during the birth of your child. On behalf of our team, we wish you much happiness and a smooth recovery at home.

## Afdelingen

### Gynaecologie en Verloskunde polikliniek

<b>Telefoonnummer</b>	020-634 6103
<b>Openings- en bezoektijden</b>	Van maandag tot en met vrijdag van 8.30 tot 16.30
<b>Route</b>	18



<https://www.bovenij.nl/aandoening-behandeling/geplande-keizersnede-gentle-sectio/you-will-soon-have-a-cesarean-section-c-section>

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