



Your Enhanced Recovery

Preparing for a Cesarean Birth

What is enhanced recovery?

Enhanced recovery helps you prepare for a cesarean birth (c-section) so you can heal quickly. Review the following pages for everything you need to know about:

- How to prepare your skin for surgery
- What and when to eat and drink
- When to move around
- How to manage your pain

Why should I avoid waxing or shaving before a cesarean birth?

Waxing or shaving your surgical site can cause infection. Using antiseptic wipes will clean your skin. Don't shower or bathe after using the wipes.

Why should I drink clear liquids before a cesarean birth?

Clear liquids and carbohydrate drinks give you energy to heal after delivery. You'll feel less hungry and more hydrated. If you have diabetes, drink only clear liquids.

Why should I sit up and walk after a cesarean birth?

Moving around helps you feel better faster. Your care team will help you sit in a chair for meals and walk short distances. Keep doing this when you go home.

What helps to manage my pain after a cesarean birth?

Some pain is normal. Taking acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) around the clock can help you feel less pain and use less narcotic (opioid) medication. Holding your baby close and wearing an abdominal binder can also help you feel less pain.

Why do I need help at home after childbirth?

Caring for yourself and your baby takes time and energy. Say "yes" when others offer to help you.

Friends and family can:

- ✓ Cook or bring you meals
- ✓ Do a special activity with your older children
- ✓ Drop off diapers
- ✓ Wash or fold clothes
- ✓ Shop for groceries
- ✓ Hold your baby so you can sleep longer
- ✓ Clean your bathroom
- ✓ Drive you to an appointment



Before surgery

General Information

- ✔ Visit kp.org/maternity.

Activity

- ✔ Stay active (walk) as tolerated.
- ✔ Follow your doctor's recommendations for exercise.

Eating and Drinking

Night before surgery:

- ✔ Eat solid foods up to 8 hours before your check-in time.
- ✘ Don't drink alcohol.

Mouth and Skin Care

1 week before surgery:

- ✘ Don't shave or wax the week of surgery.

Night before surgery:

- ✔ Shower and wash your hair.
- ✔ Shower with the Hibiclens surgical soap. Gently scrub entire body and belly button the evening before surgery. Avoid using on the head or face.
- ✔ Do not use any lotions, deodorant, or makeup after showering.
- ✔ Brush your teeth.

Medications and Pain Management

1 week before surgery:

- ✔ Review your medicines with your doctor (including supplements or herbal medicines).

Day before surgery:

- ✔ Take **only** approved medicine as instructed.

- ✔ If you have diabetes and are on insulin, take medications as instructed by your doctor.

Breastfeeding

- ✔ Discuss your breastfeeding goals with your care team.
- ✔ Log in to your kp.org account to watch a breastfeeding video.



Morning of surgery

General Information

- ✔ Bring your Kaiser Permanente ID, photo ID, credit or debit card, and completed advance health care directive.
- ✔ Know where to park and check in.
- ✘ Don't bring valuables.

Activity

- ✔ Wear comfortable clothes.
- ✔ Listen to kp.org/surgerypodcast.

Eating and Drinking

- ✔ Drink clear liquids up to 2 hours before your check-in time:
 - Water
 - Coffee/tea (no milk or cream)
 - Apple juice
 - Pedialyte/Gatorade/Powerade
- ✔ At 2 hours before your check-in time, drink 8 to 12 ounces of ClearFast, apple juice, or Gatorade and finish it within 15 minutes.

- ✔ If you have diabetes, control your blood sugar and stick to only drinking water or coffee/tea with no milk, cream, or sugar.

Mouth and Skin Care

If not done the night before:

- ✔ Shower and wash your hair.
- ✔ Shower with the Hibiclens surgical soap. Gently scrub entire body and belly button the evening before surgery. Avoid using on the head or face.
- ✔ Do not use any lotions, deodorant, or makeup after showering.
- ✔ Brush your teeth.

Medications and Pain Management

- ✔ Take **only** approved medicine as instructed with a sip of water.

- ✔ If you have diabetes and are on insulin, take medications as instructed by your doctor. If your blood sugar is too low, drink apple juice or take glucose tablets.

Breastfeeding

- ✔ Tell your care team you would like to hold your baby on your chest, skin to skin.



Within 12 hours after surgery

General Information

- ✔ Let your care team know if you have any questions.

Activity

- ✔ Sit up in bed when not sleeping.
- ✔ Walk with someone to support you (ideally 6 hours after surgery).

Eating and Drinking

- ✔ Drink liquids.
- ✔ Eat your first meal 4 hours after surgery.
- ✔ Sit up in a chair for meals.

Mouth and Skin Care

- ✔ Wash your hands regularly.
- ✔ Brush your teeth.

Medications and Pain Management

- ✔ Take pain medicine as instructed.
- ✔ Hold your baby on your chest, skin to skin.
- ✔ Wear an abdominal binder.
- ✔ Listen to [kp.org/easepainpodcast](https://www.kp.org/easepainpodcast).

Breastfeeding

- ✔ Breastfeed within the first hour after birth, if possible.
- ✔ Breastfeed on demand when your baby acts hungry.
- ✔ Hold your baby on your chest, skin to skin.



After discharge

General Information

- ✔ Follow discharge instructions.
- ✔ Call **1-808-432-2000** for medical advice and appointments.

Activity

- ✔ Follow discharge instructions for being active.

Eating and Drinking

- ✔ Drink plenty of liquids.
- ✔ Eat healthy foods.
- ✔ Sit up in a chair for meals.

Mouth and Skin Care

- ✔ Follow incision-care instructions.
- ✔ Shower.
- ✔ Brush your teeth.
- ✘ Don't take a bath or use a pool or hot tub.

Medications and Pain Management

- ✔ Take pain medicine as instructed.
- ✔ Hold your baby on your chest, skin to skin.
- ✔ Wear an abdominal binder.
- ✔ Take stool softeners if constipated.
- ✔ For medical advice, call **1-808-432-2000**.

Breastfeeding

- ✔ Watch your baby for signs of hunger: rooting, moving tongue, sucking on hand.
- ✔ Breastfeed on demand when your baby acts hungry.
- ✔ Call Lactation Services at **1-808-432-5608**.
- ✔ Visit [kp.org/breastfeeding](https://www.kp.org/breastfeeding).