



Your Enhanced Recovery

Cesarean Birth

What is enhanced recovery?

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

- What and when to eat and drink
- When to move around
- How to manage your pain

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



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 **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 **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 **808-432-5608**.
- ✔ Visit [kp.org/breastfeeding](https://www.kp.org/breastfeeding).