

You and your care provider have decided that a cesarean section, more commonly called a c/section, is the best way for you to deliver.

With these instructions we hope to alleviate many questions and concerns about your surgery and delivery.

Before Surgery:

- The night before and the morning of surgery we ask that you shower with an anti-bacterial soap...i.e.: Dial. This helps to reduce the amount of bacteria on your skin in an effort to decrease a post operative infection.
- DO NOT EAT or DRINK anything after midnight or 8 hours before surgery. This includes a single sip of water, juice, coffee, chewing gum, candy, mints, etc. You may brush your teeth DO NOT swallow any water.
- If you are on medication that you must take daily check with your doctor to see if you should take it the day of surgery.
- Do not wear any jewelry for surgery. This includes all rings (fingers and toes) and ALL piercing. No wigs or hair pins.

What to pack:

- You will be at the hospital for 3-4 days (including day of surgery).
- Pack a bag with all your personal items i.e.: pillows, deodorant, toothpaste, toothbrush, nightgown, and robe, all hair products (blow dryer and curling iron).
- Pack items you wish to bring for the baby. Baby's first going home clothes, outfit for first official pictures, blankets, etc...
- If someone will be staying with you they may bring any personal items.
- Have the car seat in the car. You will be able to make an appointment while at the hospital for a car seat inspection.
- When you get to the hospital leave all the bags in the car. You will be moving from the pre-operative area to the operating room back to recovery and then to your room...at that time someone may go down and get the bags.
- Bring your camera with you at time of surgery. There will be a time at delivery that your support person will be able to take a picture. It is hospital policy that there is no video taping of deliveries.

Arrival at the hospital:

- You need to be at the hospital 2 hours before your scheduled surgery time.
 - Health Park Hospital: Go to entrance B - Birthday Suite Admitting/OB Triage. They will take you to the OB/OR on the third floor.
 - Cape Coral Hospital: Go to the Family Birth Suites and they will take you to the pre-operative area.

What happens before surgery?

- The nurse will start an IV and draw blood.
- Fetal Monitor: They will monitor you and the baby before surgery.

- Consents: You will sign several consents. One for surgery, one for anesthesia and one saying that if it is necessary you will receive blood products.
- You will meet and talk to your Anesthesiologist and Certified Registered Nurse Anesthetists (CRNA). They will help you decide which type of anesthesia is best for you and your baby. Most of our c/sections are performed under spinal anesthesia. This is a form of anesthesia where you remain awake, but are numb from your mid chest down. You may have one support person with you in the operating room. Your catheter to drain your bladder will be placed after the spinal is in. You will not feel pain or discomfort during the surgery. There are times that it may be necessary for you to have general anesthesia, or go to sleep. In this case your family will wait in the waiting room for you to come out of surgery.
- Unfortunately there are unforeseen circumstances that can delay the timing of your surgery. If this happens we will let you know as soon as this occurs. We ask for your patience and understanding if this does happen.
- Once everything is done and everyone is in place it is time to have a baby.

After surgery:

- Once your surgery is over you will be brought to recovery for approximately an hour. Your baby will be in the recovery room with you pending everything is fine and the baby does not need to be in one of the special nurseries.
- During this time only your support person will be allowed to be with you. You have had major surgery and we need to make sure you are stable.
- After your recovery time you and your baby will be taken to the room that you will be in for the remainder of your hospital stay. At that time all your visitors may come and see you and the baby.

Going home:

- You will be in the hospital 48-72 hours after your delivery.
- Recovery time is 6 - 8 weeks.
- During your recovery time we expect you to have vaginal bleeding. It can be heavy at first with blood clots. It will continue to decrease in amount and change colors from dark/bright red to light red/pink and may last for several weeks.
- You should be able to drive in 2-3 weeks or when your provider gives you the ok for this.

When to call the doctor once you are home:

- Fever greater than 100.4
- Painful red incision
- Drainage from your incision
- Increasing pain after several days.
- Increased vaginal discharge or an odor to the discharge

Refrigerator Reminder list for your C/Section

- ❖ Shower with anti-bacteria soap – night before and day of surgery
- ❖ DO NOT eat or drink ANYTHING after midnight or 8 hours before surgery (not even a sip of water!)
 - ❖ Pack the bags and leave them in the car
 - ❖ Put the infant car seat in the car
 - ❖ Arrive at the hospital 2 hours before surgery
- ❖ At Health Park – Entrance B – Birthday Suite Admitting
 - ❖ At Cape Coral Hospital – Family Birthing Suites
- ❖ Bring Camera!

Relax and enjoy the experience!!!