



## **Cathy J. Berry, M.D., & Associates**

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### **IF YOU HAD A CESAREAN SECTION**

All of the previously mentioned information applies with the following changes and special instructions:

#### **INCISION CARE: – Skin Staples and Stitches**

Patients may go home with the staples or stitches still in place. You will be told when to return to the office for their removal, a few days after discharge from the hospital. Please phone the office during office hours as soon as you can to schedule this appointment. This time schedule gives better results in the healing and final appearance of the scar. To keep the incision clean and dry, wash around the area gently with water and mild soap and dry the incision thoroughly. You may use a hair dryer on the lowest setting.

#### **BATHING:**

Take showers for two weeks (no baths). Avoid soaking the incision in water for long periods.

#### **ACTIVITY:**

- If possible, you should have someone at home to help you full time at least for the first week, preferably two. You should spend this time resting and caring for your baby. Avoid housework, laundry, cooking, etc., if you can. Stairs are permitted if necessary, but take them slowly, and seldom. After four weeks you should be feeling like your usual self and you can gradually resume your normal activities.
- Avoid heavy lifting and do your post-partum exercises as tolerated. **DO NOT** drive a car for at least two weeks and not until you can step down hard on the brake without discomfort.
- If you have any redness discharge or defects in the incision, please call the office for an earlier appointment.

**You will be provided with a written discharge instruction sheet prior to leaving the hospital.**