

Please contact your
community midwife if
you have any concerns

Insert local contacts/any contact details

With thanks to Abertawe Bro Morgannwg University Health Board
for sharing their leaflet with us.

Care of your Caesarean-section wound after surgery



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(WHAIP)**

What is a Caesarean section?

A Caesarean section is an operation to deliver your baby. It involves making a cut in the woman's tummy small enough to deliver a baby.

In order for you to care for your baby, it is essential that you are fit and healthy. Therefore, after a caesarean section, it is important that you follow the advice in this leaflet to reduce the risk of infection. In Wales in 2014, the surgical site infection rate, after a caesarean section is 5.0%.

Hygiene and wound care:

- Your wound will be covered with a dressing for at least 24-48 hours after your caesarean section
- Dry the wound area carefully, following a shower
- Don't touch your Caesarean-section wound (unless it is necessary to)
- Ensure that you regularly wash your hands, especially before and after using the toilet
- Wear loose fitting, comfortable clothing and cotton underwear (eg underwear in one size larger than you would normally wear or maternity underwear or partner's boxers)

What are the signs and symptoms of a wound infection?

Most signs and symptoms of a wound infection are an exaggeration of a normal wound healing.

Normal wound healing:

- Slight redness around the wound
- Possibility of some swelling
- Tenderness and pain around the wound
- Small amount of clear fluid coming from the wound

Possible signs of an infection:

- Increasing redness to the wound area
- Increased swelling around the wound area
- Increasing pain or tenderness (especially when you are at rest)
- Increasing amount of fluid oozing from the wound and a change in fluid colour
- Smell from the fluid coming from the wound
- Developing a higher temperature
- Feeling generally unwell
- Localised heat around the wound area

What do I do if I think my wound is infected?

****Please amend locally****

Include local policy details (and/or contact details here)

Other factors that can affect wound healing are:

- Smoking
- Diet
- Fitness and activity
- Weight