



C-Section Recovery Checklist

Recovering from a C-section takes time, care, and the right support. These simple tips can help you feel more comfortable and confident as you heal.

Prioritize Rest & Limit Activity

- **Rest Often:**
Give your body time to heal.
- **Avoid Heavy Lifting:**
Don't lift more than your baby for 6–8 weeks.

Manage Pain Effectively

- **Take Meds as Directed:**
Follow your provider's instructions.
- **Use Supportive Gear:**
A binder can ease pain and aid healing.

Care for Your Incision

- **Keep Clean & Dry:**
Gently clean and pat dry daily.
- **Watch for Infection:**
Look for redness, swelling, or discharge—call provider if needed.

Seek Emotional Support

- **Join Support Groups:**
Sharing with others can ease the emotional load.
- **Seek Help if Needed:**
Therapists can help you process your experience.

Heal with Gentle Movement

- **Start Walking:**
Short walks support circulation and help prevent blood clots.
- **Scar Massage:**
Once healed, gentle massage can reduce scar tissue buildup.

Support Bowel Movements

- **Hydrate & Eat Fiber:**
Helps prevent post-surgery constipation.
- **Use Stool Softeners:**
Ask your doctor if they're right for you.

Wear Comfortable Clothing

- **Wear Loose Clothing:**
Avoid anything that rubs or presses on your incision.
- **High-Waist Underwear:**
Offers support without irritating your incision.

Support Ongoing Care

- **Regular Check-Ups:**
Attend all post-operative appointments to monitor your recovery progress.
- **Pelvic Floor Therapy:**
Seek PT for core recovery after this major abdominal surgery.

Explore New Mom's School's top-rated products to support your recovery every step of the way.



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