



THINGS YOU MAY NEED IF YOU'RE HAVING A C SECTION



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- 01 Large knickers - cotton 'full briefs' are perfect
- 02 Leggings that come up over your scar
- 03 Scar cream
- 04 Peppermint tea for trapped gas
- 05 A pillow to help you get comfortable to help you hold your baby
- 06 Loose fitting clothing
- 07 Post partum pads
- 08 Accept help to allow you to recover quicker
- 09 Try to get comfortable in whatever way you can next to the incubator, ask if there is a comfortable chair
- 10 Drink plenty of water and eat nutritious food if possible to aid recovery
- 11 Take painkillers, you wouldn't be expected to live with the pain after any abdominal surgery, so it is OK to take painkillers to support you through recovery