

## FLORA PHYSICAL THERAPY

# C-SECTION RECOVERY GUIDE

## Week 1

THIS WEEK THE FOCUS IS ON KEEPING YOUR WOUND CLEAN AND MANAGING YOUR PAIN. WHILE IT IS OK TO DO GENTLE BREATHING EXERCISES AND SMALL BOUTS OF WALKING IF YOU ARE UP TO IT, YOUR FOCUS IS REST. ASK FOR HELP FOR PHYSICAL TASKS.



### WOUND CARE

MAKE SURE TO KEEP YOUR INCISION SITE CLEAN AND DRY, PARTICULARLY AFTER SHOWERING. USING A BLOW DRYER ON A COLD SETTING CAN BE VERY HELPFUL. DO NOT PUT ANY PRODUCTS ON YOUR INCISION.

CONTACT YOUR DOCTOR IF YOU HAVE ANY SIGNS OF INFECTION (FEVER, REDNESS, DISCHARGE, TENDERNESS). INFECTIONS TYPICALLY APPEAR IN THE FIRST WEEK POSTPARTUM.

### PAIN MANAGEMENT+COMFORT MEASURES

IT IS CRITICAL TO MANAGE YOUR PAIN THIS WEEK. YOUR DOCTOR MAY PRESCRIBE YOU WITH PAIN MEDICATION OR RECOMMEND OVER THE COUNTER MEDICATIONS TO HELP WITH YOUR DISCOMFORT. INADEQUATE PAIN MANAGEMENT CAN DELAYS RECOVERY AND INCREASED RISK OF CHRONIC PAIN ISSUES.

ICE FREQUENTLY! ICE 15 MINUTES 3X PER DAY TO HELP REDUCE INFLAMMATION AND PREVENT EXCESS SCAR TISSUE BUILD UP. NEVER USE ICE DIRECTLY ON YOUR SKIN.

#### WEAR

- HIGH WAISTED UNDERWEAR (NONSYNTHETIC)
- COMPRESSION GARMENTS (IF WEARING A BINDER, ENSURE IT COVER YOUR INCISION SITE!). COMPRESSION HELPS MINIMIZE INFLAMMATION FOR IMPROVED HEALING.



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## Weeks 2-6

THE GOALS IN WEEKS 2-6 ARE FACILITATING HEALTHY SCAR HEALING TO PREVENT SCAR TISSUE BUILD UP, DESENSITIZING THE ABDOMINAL REGION, AND GENTLE SCAR MOBILIZATION

### SILICONE STRIPS

SILICONE STRIPS HELP FACILITATE HEALTHY SCAR HEALING AND CAN BE USED ONCE THE INCISION IS FULLY CLOSED. MAKE SURE YOU ARE CLEARED BY YOUR DOCTOR (ASK AT YOUR 2 WEEK CHECK UP!) USE THESE STRIPS FOR THE FIRST 12 WEEKS POSTPARTUM.

### DESENSITIZATION

BEGINNING WEEK 2 OR 3, FIND **3 DIFFERENT MATERIALS** AROUND YOUR HOME. I WOULD RECOMMEND A SILK, A CLEAN TOWEL, AND AND PAPER TOWEL TO BEGIN. GENTLY SWEEP THESE MATERIALS AROUND YOUR INCISION (NOT DIRECTLY ON YOUR SCAR) FOR **1 MINUTE WITH EACH MATERIAL EVERY DAY**. AS YOU BECOME MORE COMFORTABLE AROUND WEEK 4-5, TRY WORKING DIRECTLY ON THE SCAR AND FIND ROUGHER MATERIALS SUCH AS DENIM WHICH WILL HELP YOU PREPARE TO WEAR YOUR FAVORITE CLOTHES AGAIN!



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**YOU MAY EXPERIENCE A RANGE OF EMOTIONS WHEN TOUCHING YOUR SCAR AND THE SURROUNDING REGIONS. THIS IS TOTALLY NORMAL SO BEGIN WHEN YOU ARE READY. THE SENSITIVITY IN THIS REGION IS CAUSED BY DAMAGE TO THE SENSORY NERVES DURING THE C-SECTION. BUT DON'T WORRY! OUR BODIES ARE AMAZING! WE CAN HELP THESE NERVES REGROW AND REGAIN PROPER SENSATION.**

BEGIN ABDOMINAL + SCAR MOBILIZATION (NEXT PAGE)



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## SCAR MOBILIZATION

BEGINNING WEEK 3 AND AFTER DOCTOR CLEARANCE, THE GOALS OF SCAR MOBILIZATION ARE FACILITATION OF HEALTHY SCAR HEALING AND PREVENTION OF SCAR TISSUE BUILD UP. KEEP IN MIND THAT YOUR C-SECTION REQUIRES HEALING OF SEVERAL TISSUE TYPES INCLUDING SKIN, FASCIA, ABDOMINAL MUSCLES, AND THE UTERUS.

### WEEK 3: UPPER ABDOMINAL MASSAGE (2MIN/DAY)

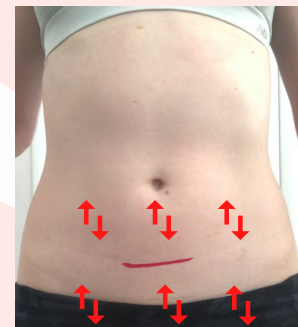
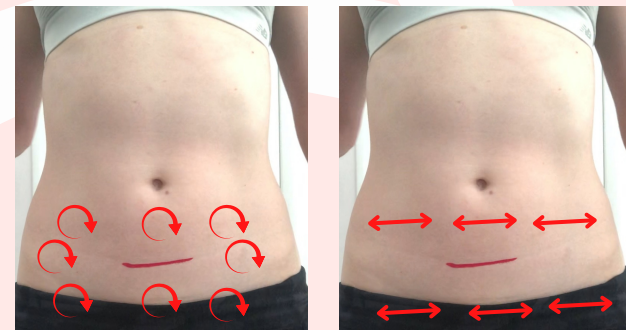
WHILE WE MAY BE STARTING FAR AWAY FROM THE SCAR, REMEMBER THAT THESE LAYERS ARE ALL CONNECTED. THIS WEEK, FOCUS ON GENTLY MASSAGING YOUR UPPER ABDOMINALS (CIRCLES ARE GREAT) TO STIMULATE BLOOD FLOW AND BEGIN MOBILIZING FASCIAL TISSUE



### WEEK 4: GENTLE MASSAGE AROUND YOUR SCAR

USE THE PADS OF YOUR FINGERS ABOUT 1 INCH ABOVE AND BELOW YOUR SCAR

SMALL CIRCLES (1 MIN EACH/DAY)  
SIDE TO SIDE (1 MIN EACH/DAY)  
UP AND DOWN (1 MIN EACH/DAY)



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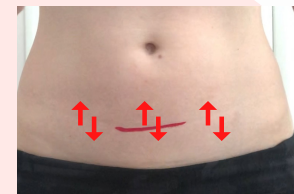
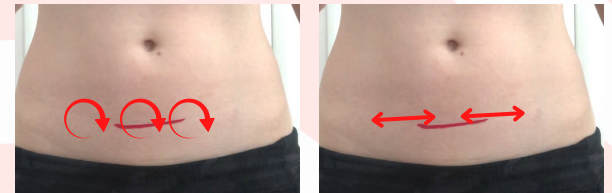
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### WEEK 5: GENTLY TOUCH YOUR SCAR!

\*IF YOU ARE READY

USE THE PADS OF YOUR FINGERS. BEGIN BY VERY GENTLY TOUCHING THE SCAR. AS YOU BECOME MORE COMFORTABLE, APPLY MORE PRESSURE. THEN TRY,

SMALL CIRCLES (1 MIN EACH/DAY)  
SIDE TO SIDE (1 MIN EACH/DAY)  
UP AND DOWN (1 MIN EACH/DAY)



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### WEEK 6+: DEEPER SCAR MASSAGE

THIS WILL BE EASIEST TO DO IN SITTING.

PINCH THE AREA ABOVE AND BELOW YOUR SCAR BETWEEN YOUR THUMB AND INDEX+MIDDLE FINGERS. THIS WILL HELP MOBILIZE THE DEEP SCAR LAYERS.

SMALL CIRCLES (1 MIN EACH/DAY)  
SIDE TO SIDE (1 MIN EACH/DAY)  
UP AND DOWN (1 MIN EACH/DAY)

