

After Your Operation.

You will remain in the Theatre Recovery room until you are stable. The midwife will weigh your baby and give your baby Vitamin K, if you have consented to this, and support with feeding and cares for your baby. You will usually then be transferred back to Castleacre Ward with your baby and partner.

During the next 24 hours you and your baby will be monitored closely. As with any operation you may experience some discomfort and analgesia will be offered to reduce pain and to help you move around. Some possible side effects after a Caesarean are sickness or itching but medication is also available to help with these. Your catheter will normally be removed between 12-24 hours following your operation and you will be encouraged to mobilize and aided to the shower thereafter. Mobilizing helps reduce the risk of thrombosis, and encourages you to pass wind, which can cause some discomfort following a Caesarean. Some women find it difficult to open their bowels and medication is available to aid this. Your stitches may be dissolvable or stitches or staples which will be removed by a midwife on day 5-7. please avoid knickers which will rub on the wound. A blood test will also be taken to check your iron levels.

We would advise to keep visitors during your stay to a minimum to allow you and your baby much needed rest and recovery time.

There are further risks of complications following a Caesarean, although rare, which include bladder damage, excessive bleeding, wound infections and problems from anaesthetic. Having been pregnant and having an operation also puts you more at risk of thrombosis (blood clots in the vein) and you therefore be advised to wear stockings and in most cases have injections administered to thin your blood to reduce the risk of blood clots forming.

You will normally remain in hospital following your operation for 24-48 hours, after this if you and your baby are both well, you can be transferred home and handed over to your community team. The community midwife will first visit the day after you go home. You will be required a 6-8 week check-up with your GP for you and your baby.

We advise you to get as much rest and sleep as possible. Strenuous housework and activities should be avoided for at least 6 weeks. You are also advised not to drive for 6 weeks following your operation and check with your insurance company.

Re-Order Code: M378



Your Elective / Planned Caesarean Section

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Introduction

A Caesarean Section is planned after careful discussion between you and your Obstetric Team, if it is felt medically best for you and your baby. There are a number of reasons for this which will be discussed with you, along with any risks involved, before the decision is made.

Prior to admission

You will need to attend the hospital a couple of days before your operation to have some routine bloods taken, your midwife will advise you when to attend.

You will also be given two tablets called Ranitidine to take to help reduce the production of acid in your stomach. You should take one tablet at 10pm the night before your operation and the other at 6am on the morning of your operation. It is very important that you **do not have anything to eat or drink at least 6 hours prior to your operation**, to reduce the risk of you being sick during your operation.

**Please come to
Castleacre Ward at
8am on the day of
your section.**

On admission

You will be initially admitted to Castleacre Ward, where a midwife will prepare you for your operation. She will ask a routine set of questions, take your vital observations, have a feel of your tummy and listen to your baby's heart rate. You will be asked to remove all nail polish, jewellery, piercings, contact lenses, dentures and all of your clothes and put a theatre gown on. If you have not already done so, the midwife will shave the operation site along your bikini line.

If you have not already done so, a Doctor will also get you to sign a consent form.

Whilst on Castleacre you may have your partner (or other specified person) with you from 8.30am - 8pm. You are advised to leave any valuables at home.

Please be aware that we do have emergencies which cannot be foreseen and take priority. Therefore there may be delays with your operation.

Anaesthetic

An anaesthetist will discuss with you the best choice of anaesthetic for you and your baby. The two main choices are; spinal anaesthetic where you will be numb from your ribs down but you will remain awake, you may feel movement and pressure but no pain or general anaesthetic where you will be asleep.

Your Operation & Baby's Birth

Once everything is prepared for your operation you will be transferred to the Delivery Suite Theatre. There will be several people in Theatre including two Doctors, an Anaesthetist and his assistant, a scrub nurse, a midwife, a support worker and possibly a baby doctor. We aim to keep the atmosphere as relaxed as possible and you may have music playing if you wish.

Firstly a drip will be put usually into the vein in your arm to allow fluids and medications to be given. The anaesthetist will then administer your choice of anaesthetic and ensure you have no pain before the operation commences or you are fully asleep.

A catheter tube will then be placed into your bladder to keep it empty of urine during your operation and will remain in until you are mobile again.

Your baby is then born by cutting, usually, along your bikini line and through layers of your abdomen (tummy) and your uterus (womb). Your baby is usually born in around 15 minutes and if your baby is well can be passed to you or your partner, for skin to skin if you wish and a cuddle. In some cases your baby may need some support or treatment by the baby Doctor and possibly admission to Neonatal Intensive Care Unit. The doctor will then stitch the layers of your uterus and your abdomen.