



Women's Hospital

## What to Expect With a Cesarean Section

To help you prepare for your C-section, here are answers to common questions patients have. If you have other questions and are delivering at Greenville Memorial Hospital, please call (864) 455-8449. If you are delivering at Greer Memorial Hospital, please call (864) 797-8700.

### How long will I be in surgery?

You will be taken into the operating room approximately 30 minutes before your scheduled surgery time to begin your anesthesia and prepare for surgery. The actual surgery takes about an hour.

### Can someone be in the operating room with me?

Your Care Partner or one other adult family member may be in the operating room for routine cesarean sections. This same person may visit in the recovery room after you are admitted. If you are delivering at Greer Memorial Hospital, your baby will be in your room while you recover, along with your Care Partner.

### Can my other family and friends visit in the recovery room?

We do allow family and visitors in the recovery room. However, we also encourage you to choose to welcome your new baby into the world with the "Magic Hour."

In the first hour of life, a healthy newborn shows a high level of alertness and ability to interact with parents. When this first hour after a baby's birth is reserved for the baby and parents to get to know each other (as long as the mother and baby are doing well), it's called the "Magic Hour." This private time is considered ideal for bonding.

### How long will I be in the recovery room?

You will stay in the recovery room for at least an hour. When your vital signs are stable and your bleeding is normal, you can go to your room.

### Can my baby be with me in the recovery room?

Our goal is for you and her baby to remain together in the recovery room to encourage early breastfeeding. If you are delivering at Greer Memorial Hospital, you and your baby will return to your room, where you will recover.

### Can I breastfeed after my surgery?

Having a C-section will not interfere with your ability to breastfeed. We facilitate breastfeeding after delivery by delaying the baby's first bath until you have had the opportunity to breastfeed your baby.

### Can I eat in the recovery room?

You may have ice chips at first. If you tolerate the ice chips without becoming nauseated, you can have water.

### When can I eat?

After your C-section, you will begin eating by having clear liquids. As you are able to tolerate more food, your options will increase. Most of the time, your next meal will be a regular diet. If you had a lot of nausea during or after your C-section, your provider may want you to try easy-to-digest foods.

### Can my baby be placed skin-to-skin after my C-section?

Yes. If you and your baby are stable after surgery, your baby will be placed on your chest. Both of you will be covered by a blanket to keep you warm. It is ideal for the baby to stay there for about an hour or through the first breastfeeding.

### Will I have pain medication ordered in the recovery room?

Yes. Your anesthesiologist will determine the appropriate type of pain management for you during the first 24 hours after your C-section.

### How will I manage my pain after surgery?

After the first 24 hours, you will have pain medicine ordered on an as-needed basis. We suggest that you request pain medicine every three or four hours for the first 12 to 24 hours and then as you need it.

Please ask for pain medication as soon as you start feeling discomfort. It is sometimes hard to get you comfortable once you are in severe pain.

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**When can I get out of bed and take a shower?**

You will be able to get out of bed and shower approximately eight hours after your C-section. If you have a catheter, you may shower after the catheter is removed. Please request assistance from your nurse as you begin to move out of your bed.

**Who can help me with breastfeeding?**

You may need help with breastfeeding at first. The Family Birthplace and Family Beginnings nurses are all trained to assist you with breastfeeding and know the best positions for you to try with your baby. Each mother also should experiment to find positions that work best for her.

If you are delivering at Greenville Memorial Hospital, a certified lactation consultant will visit you during your stay. If you are delivering at Greer Memorial Hospital, please know that a lactation consultant is available Monday through Friday to help you.

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