



**HSM**  
HAPPY SOUL MAMA

Gaesarean Care

# CAESAREAN Support

## During Your Caesarean

Your birth experience matters. Knowing what's coming helps you feel calm and confident.

### What You Might Experience

- A feeling of pressure, tugging, or pulling, but not sharp pain.
- Bright lights and a cool temperature in theatre.
- The smell of surgical tools (like cauterisation).
- Some nausea or light-headedness — let your team know; they can help.
- Possible shaking or emotional release — all normal.

## Creating a Calm Birth Space

- Have music ready to play.
- Ask for skin-to-skin as soon as possible after birth.
  - Delay baby checks where possible
- Choose someone to stay with baby if you need extra recovery time.
- Focus on slow breathing and staying present — your body and baby are doing exactly what they need to.

## Creating a Calm After Birth

- Slow soft and calm environment even when outside the door or curtain is busy.
- You can tune out of that and into your little family bubble.
- You can keep delaying baby checks as much as you like (usually just weighing)

# AFT&R BIRTH

## Recovery Support

### After Birth: Recovery & Support

Your body has done something extraordinary. Recovery takes time, care, and patience. How to support yourself every step of the way.

#### In the First Few Hours

- Rest and bond. Keep your baby close for skin-to-skin — it helps with bonding, temperature regulation, and milk flow.
- Breathe deeply and gently. Start simple belly breathing as soon as it feels comfortable.
- Stay warm. Use blankets and socks — you may feel cold or shaky after birth.
- Drink warm teas as soon as you can
- Let emotions flow. Tears, laughter, stillness — all normal responses to birth and medication.

# Caring for Your Body

## Pain & Comfort

- Take your pain relief regularly. Staying ahead of the pain helps your body relax and heal faster.
- Lots of pain relief can be offered, if you can stagger paracetamol and codeine this can be a great option so the pain doesn't catch up with you too much.
- Support your incision. Use a small pillow or towel to brace your belly when coughing, laughing, or getting up, or travelling home.
- Wear loose clothing and high-waisted underwear to avoid irritation.
- Pads or maternity pants for bleeding.

## Movement & Circulation

- Start moving gently once cleared by your care team — even short walks around your bed, help circulation and reduce swelling.
- Change positions slowly. Roll to your side before sitting up; use a rope or sheet to assist from bed.
- Avoid lifting or twisting. Only lift your baby when you're supported. Ask for help often to lift baby to you don't feel like your troubling anyone. It's important to feel in control of being able to hold your baby.

## Incision & Bleeding

- Keep the incision clean and dry. Pat gently after washing — don't rub.
- Expect some bleeding. You'll have postpartum bleeding (lochia) for several weeks. Use pads, not tampons.
- Support healing with gentle scar care. Products like [Scarban C-Section Recovery Kit](#) may help comfort and healing — i always hear great things.
- Belly wrapping you can just bind with a scarf or buy one of these [belly wraps](#)
- [Check your own scar guide](#)

## Digestion & Gas Pain

- Walk regularly to ease trapped gas and boost bowel movement.
- Drink plenty of water and eat fibre-rich foods.
- Use belly breathing to massage your internal organs naturally and support digestion.

## Nourishment

- Eat balanced, frequent meals. Your body needs nutrients to heal and make milk.
- Stay hydrated. Keep a water bottle nearby at all times & lots of herbal teas.
- Warm easily digestible food.

# Belly Breathing for Recovery

Belly breathing (also called diaphragmatic breathing) is one of the most powerful yet gentle tools for recovery after a C-Section.

## Why It Matters

- Helps reconnect with your core muscles
- Improves circulation and lymph flow
- Activates your “rest and digest” system for calm and healing
- Reduces stress, swelling, and muscle tension

## How to Practise

1. Get comfortable. Lie on your back with knees bent or recline with pillows.
2. Place your hands on your belly. Feel your breath move beneath them.
3. Inhale slowly through your nose. Let your belly rise gently.
4. Exhale through pursed lips. Feel your belly fall and your core softly engage.

Start with 3–5 minutes daily, increasing as you feel stronger.

Place a pillow over your incision for added comfort and confidence.

# Supporting Your Mind & Emotions

Your hormones drop rapidly after birth — this can bring emotional highs and lows.

## Take Care of Your Emotional Wellbeing

- Rest whenever possible. Healing happens when you’re calm and rested.
- Acknowledge your feelings. Joy, sadness, pride, fear — all valid.
- Debrief your birth. Talk about your experience with someone you trust.
- Use gentle affirmations:  
“My body is healing. I am strong. I am safe. I am doing beautifully.”
- Seek help if needed. If sadness or anxiety seems to linger reach out to your GP, midwife, or seek a therapist. You deserve support.

# Feeding & Baby Care

- Feed often and comfortably. Side-lying or rugby-hold positions may reduce pressure on your incision - but just see what serves
- Take your time, be slow, let baby be on and off if they need to, they are practising, they are learning, practising is very beneficial
  - Good latch - just a quick note on feeding that can help in the beginning;
    - They should have a large portion of your areola (not just the nipple) in their mouth.
    - Position your baby so his nose is in line with your nipple. When she opens her mouth wide, bring him to your breast (not the other way around) and aim the nipple towards the roof of her mouth.
    - Your baby's lips should be flanged outward, like fish lips, and you shouldn't feel any pain—just a gentle tugging sensation
    - Think about how we eat an apple - open wide, our wide mouth shaped like a C
- Ask for lactation help early if breastfeeding feels challenging — small adjustments can make a big difference - theres help on the ward.
- Decide how which best ways to sleep serve you all, theres lots of info on how to safely co sleep, as well as how to safely snuggle them into their own space. Chose your right path. - [@happycosleeper](#) - [@secondstartotheright\\_sleep](#)
- Keep snacks and water nearby to stay nourished during feeds.
- Share responsibilities. Let your partner or family help with nappy changes, burping, and soothing so you can rest, it will serve you all in the long run.

# Everyday Healing Tips

- Move gently but regularly to improve circulation and reduce swelling.
- Keep your posture upright when sitting to protect your back and core.
- Take short walks daily once cleared to promote healing.
- Use a support band or high-waisted garment for comfort.
- Take sitz baths (once approved) to relax muscles and promote blood flow.

## Keep an eye out for warning signs:

- Increasing redness, swelling, or pus at the incision
- Fever or chills
- Heavy bleeding or clots larger than a golf ball
- Pain that worsens rather than improves
- Shortness of breath or calf pain (possible clot)

Contact your healthcare provider immediately if these occur.

## Be Kind to Yourself

- Healing takes time — go slow and steady.
- Let others help — you are not meant to do this alone.
- Your worth isn't measured by your birth method.
- This was the right perfect path for you and your baby.
- Celebrate your strength and your story — both are powerful - share with pride.

## Helpful Extras

- Guided C-Breathing audio in birth hub
- Postnatal physiotherapy for gentle core recovery
- Trusted friend, doula, or midwife for emotional debriefing

Well done, Mama.

You are healing, you are growing, and you are doing  
beautifully.