

Cesarean Wound Complications

Wound infections and/or the formation of a seroma (fluid pocket) or hematoma (blood pocket) can occur after a cesarean birth. It is estimated that this occurs in 4% to 25% of cesarean sections. With proper care, you can expect that your wound will heal completely.

How will I care for my wound?

Starting tomorrow, you will need to have your wound changed twice each day. We have given you a kit with supplies needed to care for the wound. We have contacted the appropriate visiting nurse agency and they will be calling you to set up an appointment for a nurse to come to your home and change your dressing. If you have not heard from them by noon tomorrow, please call Triage (734) 764-8134.

If it is not possible to arrange the visiting nurse for tomorrow, you will need to return to Triage for your dressing change. Please call (734) 764-8134 about 9:00 AM to arrange a time.

The visiting nurse will teach someone at home to care for your wound as insurance will not pay for daily visits from the nurse. Please have someone available who is willing to help you take care of your wound care needs.

Do I need to take medications?

Your health care provider has prescribed the following medications:

If you received an antibiotic prescription, fill the antibiotic prescription and start the medication as soon as possible. Finish the antibiotic prescription **entirely**, unless your health care provider tells you to stop.

Take your pain medication about 1 hour before you expect the visiting nurse to arrive. As the wound begins to heal, you will find you may not need to take pain medication any more.

What can I do to promote wound healing?

As your wound is healing, you can continue to feed and care for your baby.

Follow these guidelines to help promote healing:

- Use good hand washing. To learn more about hand washing visit www.med.umich.edu/careguides and search for the keyword *hand washing*
- Eat well - lots of meat, vegetables and fruit. Take your prenatal vitamin.
- Drink at least 8 glasses of water each day.
- Get plenty of rest.
- Take your pain medication to allow your body to rest so you can care for your baby and yourself.
- Wear loose clothing that allows air circulation to the wound.

When Do I need to call my health care provider?

Remember, it can take up to 4 weeks for the wound to heal, depending on the size.

Call Triage (734) 764-8134 if you have any of the following signs or symptoms:

- Increased pain or redness around the incision
- Chills

- Temperature above 100.4F. Take your temperature twice a day during first week to find out if you are running a fever.
- You, or your visiting nurse feel that the wound it not healing properly.

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