

If you are experiencing ongoing concerns about your pain management after discharge

- See your GP
- You will have the opportunity to discuss your pain concerns with the Home Care Midwife during your home visits.
- After hours and for urgent concerns call the Women's Health Unit (WHU) on 9784 7959

Contact Details

Women's Health Unit
Frankston Hospital
9784 7959

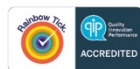
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Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

Peninsula Health PO Box 52, Frankston Victoria 3199
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Caesarean Section Pain Management

When You Go Home



Pain after Caesarean Section

Your baby has been born by caesarean section. As you recover at home from this major surgery, it is normal to experience some pain.

Pain is a personal experience and is different for everyone. Your pain management plan will be tailored to your individual needs.

It is important to discuss how you will manage pain at home with your midwife, doctor or pharmacist before you are discharged from hospital.

A script for pain relieving medications will be given to you when you are discharged from hospital.

A combination of non-pharmaceutical, pharmaceutical and support strategies is the most effective way to manage your pain at home.

Ways to help manage your pain

- Allow yourself time to slowly get back to your usual life style.
- Accept offers of help from family and friends if available.
- When your baby is settled then you should take the opportunity to rest on your bed.
- Maintain a healthy diet and drink plenty of fluid throughout the day.
- A full bladder will be uncomfortable so avoid hanging on and empty your bladder regularly.
- Some pain relieving medications can cause constipation. A small glass of pear or prune juice with your breakfast may be helpful.
- Gentle physical activity is advised.
- Aim to avoid lifting anything heavier than your baby whilst you are recovering.

Medication

Rather than waiting for your pain to become severe and to take hold, the best way to manage your pain is to take regular pain relieving medications during the first 1-2 weeks at home.

- Additional prescriptions or non-prescribed pain medications should not be taken without first seeking medical advice.
- Follow the instructions on your prescription.
- Paracetamol and Diclofenac is a very effective way to manage your pain.
- Be aware that strong pain relieving medications may cause drowsiness.
- **It is very important that breast feeding mothers do not take codeine.**

We want you to be comfortable but please remain mindful that you must balance your pain management with your ability to safely care for your baby.