



## Things to do before checking in to the hospital

As moving around will be difficult for a few weeks after your C-section delivery, you will need to make extra preparations beforehand to make life easier for you post-delivery.

- Arrange for someone to help you out at home at least for the first two weeks after.<sup>2</sup>
- Move things closer to your bed and sofa so you don't have to get up so much.<sup>2</sup>
- Prep and freeze meals for the next few days so you don't have to cook.<sup>2</sup>
- Purchase some cotton maternity bras and a breastfeeding pillow.<sup>2</sup>
- Stock up on paracetamol, maternity pads and breast pads.<sup>2</sup>
- Take a shower before going to the hospital.<sup>1</sup>
- Don't eat or drink anything six to eight hours before your C-section - not even water.<sup>1</sup>
- Get loose cotton pants that are high enough to cover your C-section wound.<sup>2</sup>
- Shaving or waxing will make changing the wound dressing less uncomfortable.<sup>2</sup>
- Grab a tube of Dermatrix® Ultra, a silicone gel scar treatment, so you can begin treating your C-section scar once the stitches come off.



## Important items to pack for C-section mums<sup>3</sup>

The following items are must-haves for your hospital stay as a C-section mum, because you will not only be recovering from delivery, but also a major operation.

- Backless slip-on slippers that are easy to put on, as bending down to put on footwear will be difficult.
- Nappy sacks to make it easy for you to dispose of used items without having to move around too much.
- A lightweight, dark coloured dressing gown to hide stains, as you will be bleeding and leaking for a few days after delivery.
- Bendy straws as it will be hard to sit up and drink with a fresh C-section wound.
- Fibre-rich snacks to help ease constipation, because you don't want to be pushing too hard before your wound closes properly.
- Baby wipes to help you stay fresh, because you may find it inconvenient to walk to the bathroom.
- Several pairs of high-waisted cotton undergarments, as regular ones may rub on your wound.



## What should be in the rest of your hospital bag<sup>3</sup>

Don't forget to pack these other commonly-needed items, because you'll need them too.

- Your phone and charger with a long charging cable.
- A camera if you want your birth partner to take photos or film the birth.
- Maternity pads, lots of them.
- Slightly oversized nursing bras, as your breasts will grow bigger when milk comes in.
- Lots of breast pads.
- Purified lanolin ointment for your nipples, in case they get sore from breastfeeding.
- A wrap or shawl in case you get chilly.
- Lip balm and moisturiser.
- A washbag containing towels, hairbrush, toothbrush, toothpaste, deodorant, shower gel and shampoo.
- Eye masks and earplugs, if you're a light sleeper.
- A couple of loose-fitting, short-sleeved nightshirts.
- Comfortable, loose clothing to wear when you can get up and move about.



## What your baby will need<sup>3</sup>



You won't be leaving the maternity ward for quite a while after your C-section, so make sure to pack for your newborn as well!

- Around five sleepsuits.
- 12 disposable nappies per day.
- Muslin squares to mop up milk.
- Pairs of socks or booties.
- A couple of hats - your baby will lose a lot of heat through his/her head.
- An outfit to go home in.
- A baby blanket in case it gets chilly when you leave.
- Scratch mittens to prevent your baby from accidentally scratching himself/herself.
- Disposable change mats to cut down bedding changes.
- A baby car seat, if you are heading home in a car.