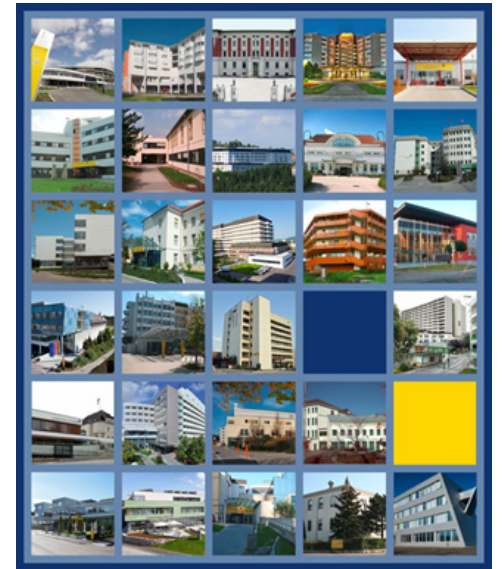


We hope to have answered all your potential questions with this information and wish you and your baby all the best for the future.

Your midwifery team

Gynaecology and midwifery

Discharge information



Behaviour after a caesarean section

Publication details:

Media owner: NÖ Landesgesundheitsagentur

Version 10/2017

Kaiserschnitt

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in hospital.

Please observe the following for the most favourable treatment outcomes:

- Physical rest
- Avoid sexual intercourse
- Avoid full baths and visiting the sauna and swimming pool
- refrain from using tampons until after the check-up with your consultant in six weeks

General guidelines for behaviour

- Exercise outdoors in the fresh air; walking is recommended.
- Discharge may persist for up to six weeks.

In the case of fever, severe lower abdominal pain, intensified vaginal bleeding, malodorous discharge or painful reddened breasts, you should contact your consultant or the gynaecological outpatient clinic without delay.