



# Preparing for Your Cesarean Section Delivery

Your doctor has scheduled you for a cesarean section. Since we want you to feel as informed as possible, this document contains all of the steps involved in your surgery.

## Pre-operative appointment

Your doctor's office will schedule a date and time for your cesarean section surgery, as well as a pre-operative appointment for you to come to the hospital one or two days prior to your cesarean section surgery. During this appointment you will:

- speak with an anesthesia team member about which type of anesthesia is best for you
- have your blood drawn and sent to the lab so the results are available to

your surgeon the day of your surgery

- receive wipes to clean the skin where the surgeon will make the cesarean section incision

## Pre-surgical preparation

To help reduce your chance of infection, make sure to do the following before your surgery:

- Beginning 2 weeks prior to your surgery, do not remove hair from your pubic area. This includes shaving, waxing and using cream hair removal products.
- Shower the night before your surgery. Thirty minutes after your shower, use the wipes that were given to you at your pre-operative appointment, carefully following the package instructions. It is extremely important to clean the skin where the surgeon will make the cesarean section incision.

## The day of your surgery

If you had a pre-operative appointment, please arrive 2 hours prior to your surgery. If you did not have a pre-operative appointment, arrive 2 ½ hours prior to your surgery as you will require blood work. You may use the Emergency & Trauma Center ramp to valet park at no charge for the first 24 hours. After 24 hours, you must park your car in the TGH parking garage for a flat \$3 fee, to be paid when exiting. Please leave your personal belongings in your car until you move to your postpartum room after delivery and recovery. Please leave jewelry and valuables at home to prevent losing them.

As you enter the Emergency & Trauma Center, make a right and follow the hallway to the Bayshore Pavilion elevator. Take the elevator to the 4th floor and check in at the security desk. During your admission process, your nurse will ask you questions about your medical, OB and pregnancy history. If you wish to answer these questions in private, please notify your nurse. An IV will also be placed in your arm at this time.

In the pre-op room, the anesthesia team will introduce themselves and review your pre-op lab results. The OB doctor will come to check on you and explain your surgical procedure. You will also sign your consent for surgery at this time.

While we do our best to make sure our surgery schedule stays on time, there can be unexpected emergencies in Labor & Delivery. We ask for your understanding if a patient emergency delays your surgery.



## WOMEN'S INSTITUTE



### Operating room procedures

You may be given pain medication through an epidural during your surgery. This will help reduce pain for the first 12–24 hours after the procedure. If you are placed under anesthesia for your surgery, you will receive pain medication through your IV.

If you will be awake for your surgery, one person is permitted to be with you during the cesarean section. To reduce risk of infection, we will provide your support person with white disposable coveralls to wear over their clothing, a hat, mask and shoe covers. We encourage your support person to bring a camera into the operating room to take pictures of your new baby. At the end of the procedure, your baby and support person will be escorted to the recovery room, while you are cleaned and prepared to be transported to the recovery room.

### Recovery room

Your support person may stay with you in the recovery room while you recover from your cesarean section and anesthesia. Because other women are also recovering from surgery, we ask that only 1–2 people be present during this time. You will remain in recovery for about 2 hours after your cesarean section, while your nurse and anesthesia team monitor you. We encourage mother-baby bonding during this time, since your baby will be with you in the recovery room.

### Hospital stay

You should expect to stay in the hospital for 3 days after a cesarean section. The catheter in your bladder will be removed approximately 12 hours after your surgery, and you will slowly be able to eat and drink. Your postpartum nurse will begin giving you ice, then slowly advance your diet as tolerated.

If you have any questions about preparing for your cesarean section, please contact your OB physician's office.



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Tour the Women's Institute at [www.TGH.org/Women](http://www.TGH.org/Women)

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