**Patient information**

**Emergency caesarean section**

Before you leave the hospital, it is important that you understand why it was necessary to deliver your baby by caesarean section. You should, ideally, have been given this information during the birth, but sometimes it must be given afterwards, by a midwife or doctor. We offer you a talk with a doctor before discharge from the maternity ward, in which this information will be provided, and which may be repeated if needed.

**After the procedure** Your stay on the maternity ward will last 3-4 days, as long as no complications arise. We wish to help you to start breastfeeding as soon as possible.

During the first few days, you will need pain relief medication, which is normally given in tablet form of. It is important that you get up as soon as is possible. This allows the digestive system to get going more quickly after the operation, and you will have less wind pains. It also helps prevent blood clots; you will be given blood thinner injections as well (anticoagulant).

Everyone has a urine catheter fitted in connection with the operation. The catheter is removed shortly after arriving on the maternity ward. It is important that you pass water regularly, so that the bladder doesn't become overly full.

Most women have an operation scar across the lower stomach, at the pubic hair border. When we stitch the skin we use self absorbable sutures.

In addition we have applied steri-strips plaster (surgical tape). These should remain in place for about 2 weeks, or until they come loose by themselves. Therefore, you don't need to remove the stitches.

During the first weeks, you must be careful regarding heavy lifting and carrying - meaning more than 5-10 kg, and wait a while before doing strenuous exercise. This is to allow the wound to heal, and to avoid developing a hernia.

You can take a shower the day after the surgery.

Cleansing/bleeding is normal for 3-8 weeks after the caesarean. Avoid bathtubs, tampons, and intercourse until the wound has healed and the bleeding has ceased.

**Possible complications**There is risk of complications in any surgical procedure. General anaesthetic/other types of anaesthetic also involve a small risk.

* Complications due to spinal anaesthetic are rare, but a temporary headache may occur.
* Bleeding and infection can occur. Injury to the intestines and bladder can happen, but only very rarely.
* Blood clots can occur despite giving blood thinning medication (anticoagulant).

Contact your GP/family doctor or the emergency clinic (Legevakten) if you have a fever, heavy bleeding, or increasing pain. The same applies to swollen legs or increasing shortness of breath.

Symptoms of infection in the surgery site are: redness, tenderness, weeping, and fever. If you experience these symptoms during the first weeks after returning home it is important that you contact your doctor/the emergency clinic (Legevakten)

**The Women's Clinic**Stavanger University Hospital

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