

Recovering After a C-Section: A Guide to Postoperative Care

Essential information for healing,
self-care, and managing discomfort
after your surgery.



What to Expect in the First Few Weeks

Pain and Discomfort:

- Expect some discomfort around the incision. Pain should decrease over time.
- Can use prescribed or over-the-counter medications for relief upon discussion with your doctor.
- As your uterus contracts and returns to its pre-pregnancy size, you may experience some abdominal cramping.

Incision Healing:

- The incision may appear raised, puffy, and tender initially.
- Keep an eye on warning signs: Monitor the healing process closely. If you notice any signs of infection, such as drainage from the incision, increased swelling, redness, tenderness, foul odor, or a fever, contact your healthcare provider promptly.

Mobility:

- If your provider approves, start with short walks to promote blood flow and prevent clots.
- Engaging in movement and walking is crucial for supporting the healing process and reducing the risk of blood clots. Listen to your body and ensure you balance activity with rest.



Emotional & Mental Well-Being

- It's normal to feel overwhelmed postpartum.
- If sadness or anxiety persist, contact your healthcare provider for support.



Key Recovery Tips

Manage Your Pain:

- Take medications as directed and apply ice packs to ease swelling.

Keep the Incision Clean:

- Clean gently with mild soap and water; pat dry gently and thoroughly.

Avoid Strenuous Activities:

- Avoid heavy lifting for six weeks. Gradually increase your activity levels.

Provide Abdominal Support:

- Use abdominal binders or the ABBY Postoperative Retractor for mobility and comfort.

Focus on Nutrition:

- Eat fiber- and protein-rich foods to aid healing and prevent constipation.



Solutions for Enhanced Recovery

ABBy Postoperative Retractor:

- Supports wound hygiene and allows freedom of movement.
- Hypoallergenic, shower-friendly, and adjustable for up to 14 days.
- Facilitates breastfeeding and skin-to-skin bonding.

Abdominal/Belly Binder:

- Helps with compression.

Wound Dressings:

- Keeps the incision clean and can aid in the healing process.

Physical Therapy & Postpartum Massage:

- Restore mobility, strengthen muscles, and improve circulation.



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"After initial application of the ABBY Postoperative Retractor, and raising from laying position, the difference in comfort was insane! The difference between an abdominal binder and this product is great."

- Chastity Davidsen, ABBY User

"I had a wonderful experience using the ABBY after my C-Section. The second it was put on, I instantly felt relief having my stomach pulled up. The amount of pressure that was removed from my incision was incredible. I also like that it exposed my incision to air instead of having my skin fold over on top of it. I feel like this definitely helped prevent any future issues. If I have to have another C-section, I definitely would like to use the ABBY again!"

- Alyssa Sullivan, ABBY User

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Patient Information

Healing from a C-section requires time and care. Use this guide, follow your healthcare provider's instructions, and stay in contact with your provider to optimize your recovery.

If you're interested, ask your OB provider about the ABBY Postoperative Retractor for potential added support and comfort during your C-section recovery. If ABBY isn't yet available at their hospital, you or your provider can reach out to us by filling out the form on our ABBY product page. Simply scan the QR code below to access it directly.



◀ ABBY panniculus retention

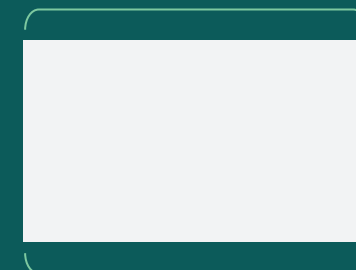
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