

Take care of your caesarean wound: What you can do to help it heal

Your caesarean wound dressing is designed to enable regular checking of your wound without lifting or removing the dressing. It helps the body to heal the wound by controlling moisture, absorbing fluid and preventing fluid build-up under the dressing. The dressing keeps your caesarean wound covered and protects it from further damage and infection.

Caesarean wound dressing

Waterproof dressings enable you to shower daily with your wound dressing on.

Check, or get someone else to check, that the edge of the dressing is still adhered to your skin before showering.

Your dressing can be left in place for five to seven days until the stitches are removed.

Contact the Women's and Children's Hospital Women's Assessment Department on 8161 8170 or visit your GP if you're dressing:

- > lifts off before the stitches are removed, or
- > the fluid from the wound has reached the edges of the dressing.

After your stitches are removed

- > A slight smell is normal and expected when the dressing is removed.
- > Antiseptic washes or creams are not recommended.
- > Avoid soap directly on the wound.
- > A sticky dressing will be placed over the wound when the stitches are removed. This dressing can be left in place and removed in the shower when it starts to lift.
- > To care for the skin fold, after showering air dry the wound/sticky dressing or use a hair dryer on low/cool setting and place a sanitary napkin in the fold to keep it dry.

Keep a lookout

Following your daily shower check your caesarean wound dressing by looking in the mirror or ask your partner to help.

Let the Women's and Children's Hospital Women's Assessment or your general practitioner know if any of the following happens:

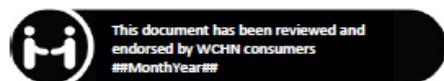
- > increased swelling or redness around the wound
- > increased pain
- > increased wound fluid.

An infected caesarean wound must be treated promptly and may require antibiotic therapy. An infected wound may take longer to heal. Early treatment will increase the chances of the wound healing as quickly as possible.

Keep it clean

Follow good personal hygiene habits by washing hands any time your hands may become soiled or contaminated with germs:

- > after the toilet; changing nappies; coughing/sneezing; blowing your nose; caring for someone who is sick; touching animals
- > before preparing food or drinks; eating any food; feeding your baby.



For more information

**Infection Prevention and Control Service
Women's and Children's Health Network**
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North Adelaide SA 5006
Telephone: 08 8161 6388
www.wch.sa.gov.au

