

CESAREAN BIRTH PREPARATION

How some preparation can reduce the messiness of the cesarean postpartum journey...

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PHYSICAL SPACE

- Set up diaper and baby feeding stations on each floor of the home so you do not have to go up/down stairs
 - Includes diapers, wipes, extra baby clothes, swaddles/blankets, burp cloths, and pacifiers
 - Have a plan for bottle feeding/cleaning or nursing with pillows
- Always have a small pillow with you to hold against the incision when you cough/sneeze
- HYDRATION everywhere - you are flushing out a lot of fluids from surgery. Ask your friends/partners to constantly refill your water bottles
- Plan help for doctor's appointments until you are cleared to drive
- Have plenty of cesarean-friendly underwear ready to wear - keep a few extra pairs in the bathroom
- Consider a compression band/compression underwear to reduce pain and swelling
- You will still have a lochia after your cesarean birth - be prepared with large pads. No tampons!

NUTRITION

Have a friend pick up dense nutritional groceries and even meal prep a few meals! One-handed snacks are a plus!

- Coconut milk
- Chia seeds
- Flaxseed (meal or whole)
- Old fashioned oats
- Cocoa powder
- Nut butter
- Maple syrup or honey
- Eggs
- Beans
- Spinach or kale
- Berries
- Avocados
- Nuts & Seeds
- Greek yogurt
- Lean meats
- Beef liver

DENSE NUTRITION MEALS

Eating dense nutrition every 2-3 hours will increase your healing speed and improve breastfeeding success

- Oatmeal (baked cups, oatmeal bars)
- Chia pudding (cocoa + nut butter is a fav!)
- Protein balls
- Soups (with greens and protein)
- PFF snacks (hummus + veggies + crackers, avocado toast + nuts, yogurt parfait, smoothies, apple slices + popcorn, egg muffins + toast, black bean salsa + chips)
- Pasta salad (spinach + chickpeas + cheese + veggies)
- Frittata (greens + cheese + meat/tofu + eggs)

AT A GLANCE

REST

- Don't lift anything heavier than baby (including the car seat if possible)
- Physically rest as much as possible BUT also take short walks each day to move fluids/gas post-surgery
- To get out of bed - roll onto your side, press up with your outside arm, and sit on the bed before standing.
- Ask for help getting up/walking for the first few days
- Your lochia will increase with activity - use that as a guide of "pushing it"

NUTRITION

- Dehydration shows up as irritability and exhaustion
- Aim for 128oz of water a day
- Eat smaller meals, frequently
- Stool softeners from your doctor can be a good friend.



TESS FERRARA


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As a mother, educator, and certified postpartum doula, I am here to care for you through emotional, logistical, and informational needs.



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