



## The First 24 Hours After a C-Section

### Recovery process after a Caesarean

The first 24 hours after a caesarean section (C-section) is crucial as it is a time of recovery. Adjustment and careful monitoring are essential at this stage. Knowing what happens during this period can help new mothers feel more reassured.

Immediately after surgery, you will be shifted to a recovery area where your vital signs such as blood pressure, heart rate and oxygen levels are closely monitored. A close eye will be kept on your incision, uterine contractions and vaginal bleeding, which is normal after delivery. While you may still feel numbness in your lower body due to spinal or epidural anaesthesia, this sensation usually wears off gradually in a few hours.

Pain management is the focus on the first day. You are likely to experience discomfort at the incision site, along with cramping. Doctors prescribe pain relief medications that are safe for breastfeeding.

In a few hours you will be encouraged to start gentle movement, such as sitting up or movements on the bed like light leg stretches and turning from one side to the other. Early mobility helps improve blood circulation, reduces the risk of blood clots and supports faster recovery. A urinary catheter, placed during surgery, is usually removed within the first day.

Eating and drinking are introduced gradually. You may start with clear fluids and progress to light meals as your bowel function returns. Mild bloating or gas pain is common and usually improves with time.

Bonding with your baby often begins soon after surgery. Skin-to-skin contact and breastfeeding can be initiated as early as possible, with support from nurses or lactation consultants. Finding a comfortable feeding position, such as the side-lying or football hold, can help reduce pressure on the incision.

The first 24 hours is liable to be a roller coaster of emotions. Fatigue, hormonal changes and the demands of caring for a newborn open the doors to a mix of emotions.

To sum it up, the first day after a C-section is about healing, support and small steps forward. With proper medical care and gentle self-care, this crucial period lays the foundation for a smoother recovery.