

# Enhanced Recovery after Elective Caesarean Section

Obstetrics

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.



The aim of this leaflet is to help you understand what Enhanced Recovery Programme after elective caesarean section means for you. It is important that you understand what to expect and to feel able to take an active role in your treatment and recovery.

## What is the Enhanced Recovery Programme?

Enhanced Recovery is a plan of care designed to help you recover sooner after your operation and aims to get you back to normal fitness as quickly as possible. This pathway involves helping the process of your recovery by improving your care and satisfaction.

Under the Enhanced Recovery Programme, you will be offered discharge the day after your caesarean section.

You have been given this option because we anticipate that your caesarean section will be straightforward and you wish to go home at the earliest opportunity. The benefit of early discharge after surgery is less disruption to your family life. There are not known to be any increased risks for you or your baby.

## What about before I come to hospital?

**Diet and Exercise:** Try to eat a healthy diet before your operation. You can carry on with light exercises and walking to keep yourself as fit as possible.

**Smoking:** Smoking will affect healing after surgery and make you more likely to catch an infection. It is best to try and stop smoking at least 2 weeks before surgery as it makes your recovery safer and faster.

**Improve diabetic care:** Good control of blood sugar levels in patients with diabetes is associated with faster healing after surgery, fewer infections and shorter hospital stay. If you have diabetes, you should keep your blood sugars as well controlled as possible.

# What happens the night before my caesarean section?

You will be given 2 antacid (Ranitidine) tablets and 2 packs of high energy drink that you need to take as below.

10pm the night before your caesarean section:

- Drink one of the high energy drinks
- Take one 150mg ranitidine tablet

6am the morning of your caesarean section:

- Drink the second high energy drink
- Take the second 150mg ranitidine tablet

You can eat and drink until midnight before your operation. You can drink clear fluid e.g. water until 7am on the morning of your operation.

# What happens at the time of my operation?

## **On the day of the Operation**

Please come to Maternity Reception at 7am on the day of your caesarean. You will be directed to an area in the Maternity Block, depending on where you will be best cared for. On admission, you will see a surgeon who will go through the details of operation and recovery. You will see an anaesthetist who will explain and answer questions regarding your anaesthetic and options for pain relief after the operation. You will then be prepared for theatre and special stockings will be provided for you to wear before you leave the ward for theatre. If your caesarean section is delayed, you may be offered a clear drink to prevent you from getting dehydrated.

## **Your Anaesthetic and Operation**

The standard anaesthetic will be an injection into your back (spinal block), which will numb you from the mid chest downwards to your feet.

This means that you will be awake during the operation, which will help you and your birth partner to experience your baby's birth. A painkiller will be inserted into your back passage at the end of surgery unless there is a reason not to give it.

### **Recovery Room**

After the operation, you will be taken to the recovery room for observation. You will be supported to have skin to skin contact with your baby until at least after the first feed. If all checks are normal, you may be given sips of water to drink.

## **What happens after my operation?**

### **Eating and drinking after Caesarean Section**

If all your standard checks are normal when you arrive on the ward, you will be able to eat and drink as soon as possible and the drip will be stopped. You are encouraged to keep yourself well hydrated and to eat your normal diet.

### **Pain relief after Caesarean Section**

You will be provided with pain killers on a regular basis to keep your pain under control. This will help you to get out of bed as soon as all the sensation in your legs is back.

### **Mobilising**

Before you start walking, it is important to ensure that the effects of the spinal block have worn off. You will then be helped to get out of bed. It is very important that you perform leg exercises and breathing exercises help prevent chest infections.

The catheter will be removed as soon as you are mobile. You will be encouraged to empty your bladder within 6 hours of taking the catheter out. If you had a drain during the operation, it will usually be removed within 24 hours after surgery.

### **Deep Vein Thrombosis (DVT) Prophylaxis**

Some women need medicine to reduce the risk of blood clots e.g DVT depending on other risks. If needed, the first dose of a blood thinning injection is given on the day before the operation. You will have these injections for 10 days.

### **Breast feeding and Well-being of the baby**

All maternity staff are trained to provide breastfeeding support and will discuss normal newborn behaviour, responsive feeding, the value of skin to skin contact and the importance of how your baby attaches at the breast. Breastfeeding support workers and volunteer peer supporters regularly visit the ward to offer additional support.

Your baby will be seen by a member of the neonatal team before discharge. They will assess the baby's well-being and check if there are any problems that may require further assessment.

## **What happens when I go home?**

The majority of elective caesarean sections are straight forward, but like any other significant operation there are risks involved. We aim to discharge you the day after your surgery. However your surgical team will make this decision on an individual patient basis. If there were any complications during your caesarean section, it may not be appropriate for you to go home the next day. Your surgeon will inform you if this is the case.

We would like you to be well, eating and drinking, mobilising comfortably and emptying your bladder normally.

You will be sent home with blood thinning injections if applicable and painkillers.

### **Follow Up**

You will be given an appointment to see Community Midwife on the day after discharge to check that you and your baby are well.

**Wound care**

Please keep the dressing on for 5 days. If wound stitches need to be removed, a Community Midwife will remove them around the 7th day after your operation.

In addition to this, if you have any queries or concerns, you can always ring Maternity Triage in the hospital on the numbers given below:

Delivery Suite: 01902 694031

Triage: 01902 695030

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。