

Caring for your C-Section scar - the early weeks

SHOWERING

Allow water to run over your wound, there is no need to directly clean or rub it.

After each shower pat it dry with a clean towel. If able lay flat for 5 minutes to allow the air to fully dry the skin.. you may need to lift the overhang

After 6 weeks - a light non talk powder such as Calendula Powder can be used to absorb sweat and reduce skin irritation.

TOUCH

Gently touch your tummy around but not on the scar... this can help reduce sensitivity.

SCAR MASSAGE

After 6 weeks and once the scar is healed with no signs of ooze or infection, you can start scar massage.

Using a non perfumed moisturiser, spend 5 minutes massaging in small circles along the scar, gently pressing in to the scar (similar to pressure you might rub your eye).

Silicon is the 'gold standard' for wound healing. This can be bought specifically for C-Section or cut to size strips.

WEAR BIG PANTS

High waisted with light tummy control.

This helps avoid the waist band digging in and irritating your scar.

Light control can compress your scar which aids healing and gives your tummy muscles gentle support when lifting the baby. *M&S are fine, you do not need or want Spanx

EXPERT ADVICE

Recovering from your surgery is more than just how the scar looks. We want you be strong, mobile and pain free for the next stages of your life.....so book in for specialist treatment right for you.