



Caring for your Abdominal Incision

(C-section or Abdominal Hysterectomy)

- Wash your hands before and after touching your incision.
- Look at your incision daily. Tell your doctor if you have any redness, swelling, drainage or odor from your incision or if you have a temperature greater than 100.4°F.
- Do not use lotions, powders or oils on your incision.
- Keep your incision clean and dry. Shower daily. (No tub baths, swimming or hot tubs.) Dry the incision completely after you shower. You may air dry or pat the incision dry with a clean towel. If necessary, lift the fold of your skin to dry the incision completely.
- Leave the incision open to air. Avoid tight clothing. No girdles.
- Your staples are usually removed and tape strips applied before leaving the hospital. The tape strips will eventually peel off.
- If your staples are not removed, your doctor may have you return to the office after your discharge for removal.
- No heavy lifting. Do not lift anything heavier than a gallon of milk. Bend at your knees when lifting.
- Make sure to get adequate rest and avoid heavy housework such as using the vacuum and scrubbing floors. You have had major surgery and you must give your body time to heal. You are encouraged to get up and walk.
- Eat a healthy diet including all food groups. Increase your protein including meat, fish, eggs, milk and peanut butter. Also, increase your intake of vitamin C to help the healing of your incision. Foods rich in vitamin C include: oranges, pineapple, potatoes and cranberries. Continue to take your prenatal vitamins.
- Follow your doctor's instructions about returning to work and driving.

Tell your doctor if you have any of the following:

- Your incision opens, or has redness, bleeding or pus.
- Your temperature is greater than 100.4°F.
- You have increased pain at the incision site.

Other Instructions: _____



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