

PREPARING FOR YOUR C-SECTION



Family BirthPlace
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FLINT

mclaren.org/flint



FLINT



McLAREN FLINT FAMILY BIRTHPLACE

We hope your birth experience at McLaren Flint is everything you hoped it would be. If there is anything we can do to make your stay with us more comfortable, or if you have any questions, do not hesitate to ask. Thank you for choosing McLaren Flint Family BirthPlace for this important event in your life.

For any questions, please call the Family BirthPlace at (810) 342-2279 or the Women's Health Clinic at (810) 342-1750.

CESAREAN SECTION

You are scheduled for Pre-admission Teaching/Testing:

Date:

Time:

Go to the Family BirthPlace to meet with the Nurse or Nurse Midwife to review the procedure, receive your pre-op instructions and bag of supplies, and get your pre-op blood work completed.

You are scheduled for a cesarean section:

Date:

Time:

We ask that you go directly to the Family BirthPlace and arrive 2 hours prior to your scheduled surgery time. Please call the family BirthPlace at (810) 342-2279 if you will be late. Be sure to bring your photo ID and health insurance card with you to each visit.

- The length of time you spend in the hospital will depend on your recovery and be decided by you and your physician, but normally at 48-72 hours after surgery. Should you be concerned with insurance coverage, you can contact your insurance company for this information before you come to the hospital.
- Visiting hours are from 8 a.m to 8 p.m. Your support person may visit at any time. Please have visitors wash their hands before holding your baby. We advise that visitors not visit if they are sick. Your own children may visit during regular visiting hours. No non-sibling visitors under the age of 12 are allowed in the Family BirthPlace. Also, no children are allowed in the recovery room or the nursery at any time. Please keep in mind that during Influenza season (September-March) there may be additional visitor restrictions including siblings. Please call prior to bringing any visitors under the age of 18 to the Family BirthPlace during that time.

THE NIGHT BEFORE SURGERY

- Call your surgeon if you feel ill or have an elevated temperature.
- Do not eat or drink anything after midnight. A lightsnack (example: a sandwich and a glass of milk) would be okay before midnight.
- Arrive at the Family BirthPlace at McLaren, 7th Floor, South Tower, 2 hours before your surgery is scheduled. If you do not arrive 2 hours prior to your scheduled surgery time, your procedure may be delayed or re-scheduled.
- Do not wear make-up, lotion, nail polish, hair ornaments (beads, bobbie pins, barrettes, etc.) contacts (bring glasses if needed) or jewelry (rings may be left on). Please remove all body piercings.
- Leave valuable possessions (money, etc.) at home.
- No Smoking after midnight.
- Shower with special soap provided by the nurse or midwife, paying close attention to the surgical site (abdomen).

WHEN YOU ARRIVE IN THE FAMILY BIRTHPLACE

- Shower again the morning of surgery with the special soap provided by the nurse/midwife at your pre-op visit.
- Your nurse will prepare you for your surgery. You will be given a patient gown to put on. Please remove all clothing and undergarments.
- The nurse will listen to your baby's heart rate, start your IV (intravenous line), shave your abdomen, give you an antacid, and place a cap over your hair.
- A catheter will be inserted to empty your bladder. This is done to keep your bladder empty during surgery and for a while after your surgery is finished.
- Your support person may be in your room with you if you wish during this time. If this person is going to be with you during

surgery, they will be given surgical scrubs to wear during your surgery and will be asked to change back into street clothes when you are in the recovery room.

- A person from the anesthesia department will be in to talk to you about your anesthesia. Your physician will discuss the types of anesthesia available, such as epidural, spinal and general.

WHEN YOU GO TO THE SURGICAL SUITE

- Your support person will be brought into the surgical suite when your anesthesia is completed and surgery is ready to begin. If you are having general anesthesia (going to sleep), your support person may not be in during surgery but may see the baby in the nursery.
- For surgery, you will be given oxygen through a tube placed under your nose, and a sticky pad will be placed on your thigh. Your arms will be placed on arm holders. A sensor will be placed on your finger to measure oxygen content in your blood, a blood pressure cuff will be placed on your arm and small pads will be placed on your chest to monitor your heart.
- After delivery, your baby will be taken to the adjoining nursery where staff will make sure he/she is okay. If your baby is doing well, he/she can return to the surgical suite for skin-to-skin contact while the surgery is being finished.
- The length of time for a cesarean section can vary – the average is about 1 hour. If your family and friends want to visit, they need to be aware of this time frame. During your surgery, your visitors will be asked to wait in the Family Waiting Room or your room. To ensure each patient's privacy, visitors are not allowed to stand in the hallways at any time.

IN THE RECOVERY ROOM

- You will be moved to a recovery room where your nurse will be with you for 2 hours. She will monitor your blood pressure, pulse, oxygen level, and care for you while your anesthesia is wearing off.
- The nurse will massage your uterus to make sure it stays firm so you don't have more bleeding than normal. Medications may be given to you at this time to make sure your uterus remains firm. Sometimes patients may experience "afterbirth pains" or cramping in the uterus.
- Your doctor will order medication for pain. Please tell the nurse when you think you need the medication.
- An ice pack may be placed on your bandage to help with the discomfort.
- During recovery, your baby will be brought in for you to hold. If you are going to breastfeed, you should try to do this during the time you are in the recovery room. Most infants will be awake and willing to nurse during the first 2 hours after delivery. After this, they may become sleepy, making it more difficult to nurse.
- After the first hour of recovery is up you may have visitors in the recovery room, 1 at a time.

AFTER RETURNING TO YOUR ROOM

- It is important for you to turn, cough and deep breathe every 2 hours after surgery. The nurse will remind you when it is time.
- Your IV and catheter for your bladder will be removed when your physician decides it is okay. Most people have them removed the evening of surgery or the following morning.
- Your physician will decide when you can eat/drink, resume activities, remove your bandage (if you have one) and shower.
- Medication for pain will be ordered by your physician. Please let your nurse know when you feel you need it.