

Cesarean Births

You have been scheduled for a Cesarean birth. Cesarean births are scheduled for many different reasons, and your doctor feels that this is the optimal way for your baby to be born.

In our Maternity Unit, everything revolves around you and your baby. You'll receive personalized, quality care from our experienced and outstanding staff, and stay in a warm, comfortable environment. You can spend as much time as you want with your newborn, and of course, loved ones and family members are welcome after your little one arrives.

The following helpful hints have been prepared by the nursing staff to assist you during recuperation from the delivery process. Please do not hesitate to ask questions or request assistance at any time.



Amazing medicine.
Surprisingly close.



→ PLANNING

- The evening before your scheduled delivery, you may eat/drink whatever you like until midnight. After that time, no liquids or solids may be taken, with the exception of daily medications that have been approved by your obstetrician.
- Plan to arrive in Labor and Delivery two hours prior to your scheduled birth. Sturdy has a family-centered maternity program designed to allow optimum mother/baby time together. Our maternity staff support this philosophy. Sibling and grandparents may visit at any time, although we suggest that most visitors arrive after your recovery (on or after the second day following delivery). This will allow you time to rest and learn how to care for yourself postpartum.
- General visiting hours are 1–pm. However, we encourage quiet hours from 1–pm for patients to rest and bond with their baby. It is important to stress these times to family and friends.

→ PAIN MANAGEMENT

- Your anesthesiologist will work with you to provide appropriate pain control.
- You will determine your need for additional pain management, including the use of pain medications and alternative therapies.

→ IN THE HOSPITAL

- Keep the nurse call-button handy by clipping it in your pillow.
- Keep the bedside rails raised so you can use them to help move yourself about in the bed.
- As you recuperate, you will feel better and better each passing day.
- The best way to prevent surgical complications is to get out of bed and walk soon after surgery, with the help of your nurse.
- The nurses will educate you and assist you in the care of your incision.

→ AT HOME

- You will receive postpartum discharge instructions before you leave the Hospital. However, feel free to ask your doctor if there are any specific recommendations or limitations they have in mind for you.
- Common restrictions involve driving, lifting anything heavier than your baby, climbing stairs, sexual relations, birth control, and returning to exercise or work. Your doctor will discuss what is best for you.
- Your strength will slowly return. If possible, plan to have assistance at home, for at least two weeks, with ongoing household chores such as cooking and cleaning

My information

MY DELIVERY DATE:

MY DELIVERY TIME:

TIME TO ARRIVE ON LDRP:

LDRP Nursing interview

Laboratory

SPECIAL INSTRUCTIONS

Maternity staff: (508) 236-7250
Lactation consultant: (508) 236-7257

Nothing comes close to a mother's love for her baby. It's our reason for being here.

To learn more about Maternity Services at Sturdy Memorial Hospital, visit our website at sturdymemorial.org

Maternity Services



CESAREAN DELIVERY
From Planning to Postpartum



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