




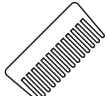
Instructions for Planned Cesarean Deliveries

The days before your surgery


○ While children are allowed on Labor and Delivery, **you are encouraged to make childcare arrangements** for when you go into labor.
 ○ All children under 18 years old are required to have a caregiver supervising them at times. This cannot be the patient.

Make childcare arrangements 

○ Do not shave, wax or remove hair on or near the surgical area within 5 days of your surgery


Body hair 

○ Increase the amount of healthy carbohydrates in your diet (fruits, vegetables, whole grains)

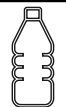
Eating 

The night before your surgery


○ **After midnight do not eat anything.** Do not chew gum, mints, or tobacco
 ○ You may drink clear liquids (water, Pedialyte, popsicles, fruit juice without pulp, plain tea/coffee without cream or sugar, soda) until 2 hours before your surgery

Eating 

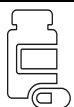
Skip if you have diabetes
 ○ Drink 16 oz of a carbohydrate rich electrolyte drink (like Gatorade) at bedtime

Carbohydrate drink 

○ Use the night before surgery, see instructional handout
 ○ Sleep in clean clothes and sheets the night before your surgery

Chlorahexidine Gluconate (CHG) Body Wash 


○ Tell the nurse all of the medications/supplements you take
 ○ Talk to your OB provider about what pills you can take the night before and morning of your surgery

Medications 

○ **Call Labor and Delivery (808-)433-5337 after 1800 the day before surgery**


Find out what time to come in 

○ Please inform the nurse when you talk to them


If you feel sick (ie COVID, etc.) 

The morning of your surgery


○ The check in time is not the surgery time. **There is often a delay (or even cancellations)** due to emergencies or other situations beyond our control.

Go to L+D triage to check in (6th floor mountain side) at your confirmed check in time 

○ Drink 16 oz of a carbohydrate rich electrolyte drink (like Gatorade) at 2-4 hours before your surgery

Carbohydrate drink – skip if you have diabetes 

○ Don't use any lotions, oils, creams, makeup, deodorant on your skin
 ○ Remove all body piercings and jewelry
 ○ Remove contact lenses and leave them at home

Avoid 







Instructions for Planned Cesarean Deliveries





Packing Reminders

- ✓ Your military ID card – **REQUIRED**
 - ✓ Leave all of your valuables at home (wallet, purse, money, jewelry, etc)
 - ✓ Leave the car seat, baby bag, overnight bags, etc in the car until after the surgery and settled in on the postpartum unit as
- there is no place to store them on Labor and Delivery
- ✓ CPAP/BIPAP machine if you have one
 - ✓ Snacks (hours for food services are limited)
 - ✓ Phone charge

After your surgery

<p>○After your epidural wears off you may have pain after your surgery and you will be regularly provided with pain medications to include;</p> <ul style="list-style-type: none"> ▪ Acetaminophen, Ibuprofen, Naproxen, Ketorolac, etc ▪ Opioids (Morphine, Oxycodone, Tramadol) will be given to you as needed 	<p>○You will be discharged home 48 hours after your surgery as long as your pain is well controlled and you can eat, drink, walk around, and urinate.</p>	<p>○You will be allowed to eat and drink as usual after surgery, but make sure to take it slow sometimes people have an upset stomach for a few hours</p>	<p>○You will be expected to walk around the room and use the restroom on your own as soon as your epidural wears off. This has been shown to help with pain control and with faster healing.</p> <p>○When you are not walking, we will put compression stockings on your legs to help avoid blood clots</p>
<p>Pain control</p> 	<p>Discharge</p> 	<p>Eating</p> 	<p>Movement</p> 

When you go home

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Tips for healing</p> 	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Taking care of your incision</p> 	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">When to call your surgeon</p> 	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">EMERGENCY</p> 
<ul style="list-style-type: none"> ○Chewing gum after surgery can help wake up your digestive system ○Moving frequently keeps your blood flowing and helps prevent blood clots ○Wearing an abdominal binder can help reduce pain, bloating, and swelling ○For the first few days take your non-opioid medications regularly (ie Tylenol, ibuprofen) to avoid taking the opioids if possible as they increase constipation 	<ul style="list-style-type: none"> ○Washing <ul style="list-style-type: none"> ▪ You may shower with all forms of surgical dressings we use at TAMC ▪ Do not scrub over the incision or use harsh soaps, peroxide, or disinfectants ○Steri strips (multiple small stickers): remove in 7d. If they fall off before that is ok. ○Dermabond (glue): remove in 7d if it falls off before that is ok. ○Aquacel (large bandage): remove in 5d. Remove it sooner if it becomes saturated with water. If it falls off before that is ok. ○Wound Vacuum: remove in 7d. If it loses suction or malfunctions, you can remove it sooner. 	<ul style="list-style-type: none"> ○Getting worse instead of better ○Unexpected bleeding or drainage from your wound ○Unusual vaginal bleeding or discharge ○Temperature $\geq 100.4F$ ○The feeling of chills ○Wounds are hot, red, or more painful ○Continuous vomiting ○Trouble urinating ○Burning with urination ○Dizziness or feeling like you are going to pass out ○Loose/watery diarrhea ○Pain or swelling in your foot, ankle, thigh, or calf (back of leg) ○Headaches or visual changes not resolved with tylenol 	<ul style="list-style-type: none"> ✓ Go to the closest emergency room if you have... ○Difficulty breathing ○Vaginal bleeding soaking more than 1 pad in an hour ○Chest pain ○Severe stomach pain



Instructions for Planned Cesarean Deliveries

How To Take A Shower Before Your Surgery Using A Special Skin Cleanser

Please Read This Entire Handout Before You Take Your Shower.

Why Is It Important to Use a Special Skin Cleanser Before Surgery?

The special skin cleanser is Chlorhexidine Gluconate. This skin cleanser kill the germs (bacteria) on your skin that can cause infections. Using this skin cleanser will help keep you from getting an infection after your surgery.

What Should I Know About This Special Skin Cleanser?

This cleaner should only be used on your skin.

Do not drink or swallow it.

Do not use it on your face, eyes, ears, or mouth.

Do not use it on your genital area ("private parts").

When Will I Use This Special Skin Cleanser?

You will use one-half of the cleanser the night before your surgery. Then use the rest of the cleanser the morning of your surgery.

Do not shave or remove any hair from the area where you are having your surgery.

How Do I Use This Special Skin Cleanser?

The night before, and morning of your surgery, take a shower.

If you plan to wash your hair, use your regular shampoo; then rinse your hair and body thoroughly to remove any shampoo residue.

Wash your face with your regular soap and/or water only.

Thoroughly rinse your body with water from the neck down.

Move away from the shower stream to use special skin cleanser to avoid rinsing it off too soon.

Apply special skin cleanser directly on your skin or on a **clean wet washcloth** and gently wash the area where you are having surgery first, and then the **rest of your body from the neck down** including underarms, under your breasts, belly button, any folds in the skin, and your groin but **not** your "private parts".

Rinse thoroughly with warm water and keep out of eyes, ears and mouth; if special skin cleanser comes in contact with these areas, rinse out promptly.

Dry your skin with a clean towel.

Do not use your regular soap after applying and rinsing with special skin cleanser.

Do not apply lotions, perfumes, or deodorants to your body.

Wear clean pajamas to bed.

On the morning of your surgery, repeat wash with a **new clean washcloth** and special skin cleanser.

Wear clean underwear, socks, and clothing.

Important: Do not use this special skin cleanser on your face, eyes, ears, mouth, or genital area ("private parts").