







MY ENHANCED RECOVERY CALENDAR







Follow these steps before and after your cesarean section surgery to recover safely and quickly. Please bring this with you to the hospital.

	Before delivery	Day of C-section
Medications and pain management 	<input type="checkbox"/> Take medications as directed by your doctor.	<input type="checkbox"/> Receive spinal or epidural anesthesia.
Activity 	<input type="checkbox"/> Walk or do your usual exercise.	<input type="checkbox"/> Walk or do your usual exercise.
Eating and drinking 	<input type="checkbox"/> Stick with a regular diet of healthy foods. <input type="checkbox"/> Do not eat solid foods 8 hours before your scheduled arrival time. <input type="checkbox"/> You may drink clear liquids up until 2 hours before your scheduled arrival time.	<input type="checkbox"/> Do not eat solid foods 8 hours before your scheduled arrival time. <input type="checkbox"/> You may drink clear liquids up until 2 hours before your scheduled arrival time. <input type="checkbox"/> If you do not have gestational or preexisting diabetes, drink 8 ounces of carbohydrate drink (Gatorade or apple juice) 2 hours before your scheduled arrival time. Finish drinking it within 15 minutes. Do not drink anything else. <input type="checkbox"/> If you have diabetes, drink sugar-free clear liquids up until 2 hours before your scheduled arrival time.
Breastfeeding and baby care 	<input type="checkbox"/> Discuss breastfeeding with your health care team.	<input type="checkbox"/> Tell your health care team about your breastfeeding preferences. <input type="checkbox"/> Bring your breast pump and CPAP machine (if used) to the hospital. <input type="checkbox"/> Ensure that infant car seat is fully installed in the car that you will be leaving the hospital in.
Mouth and skin care 	<input type="checkbox"/> After your 36 th week of pregnancy, don't shave or wax from the pubic bone up to 4 inches below your belly button. <input type="checkbox"/> Shower or bathe the night before your surgery. <input type="checkbox"/> Use disinfection wipes provided by your doctor after your shower or bath the night before. Instructions for this are on your after-visit summary. <input type="checkbox"/> Brush and floss your teeth 2 to 3 times daily.	<input type="checkbox"/> Don't shave or wax from the pubic bone up to 4 inches below your belly button. <input type="checkbox"/> Don't shower or bathe. <input type="checkbox"/> Brush and floss your teeth. <input type="checkbox"/> Use disinfection wipes provided by your doctor before you arrive at the hospital. Instructions for this are on your after-visit summary.
Other steps and treatments 	<input type="checkbox"/> Make plans for help at home after surgery. <input type="checkbox"/> Have pre-op (before surgery) blood tests done 24 to 48 hours before you are admitted to the hospital.	<input type="checkbox"/> Prevent blood clots with devices during and after surgery. Information will be provided upon admission to the hospital. <input type="checkbox"/> Exercise your lungs with the equipment provided to you 10 times each hour when you're awake.




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	Recovery Room, birth to 3 hours	3 to 12 hours	12 to 36 hours	48 hours to hospital discharge
Medications and pain management 	<input type="checkbox"/> Take pain medications if needed. <input type="checkbox"/> Discuss pain levels with your care team.	<input type="checkbox"/> Take medications if needed. <input type="checkbox"/> Discuss pain levels with your care team.	<input type="checkbox"/> Take medications if needed. <input type="checkbox"/> Discuss pain levels with your care team. <input type="checkbox"/> Your IV (tube that goes into a vein) will be removed.	<input type="checkbox"/> Take medications as prescribed.
Activity 	<input type="checkbox"/> This is family bonding time. Enjoy skin-to-skin contact with your baby. <input type="checkbox"/> Start a baby feeding log. <input type="checkbox"/> Start a diaper log.	<input type="checkbox"/> Learn how to swaddle. <input type="checkbox"/> Learn how to change a diaper. <input type="checkbox"/> Sit at bedside, and walk to the bathroom with assistance from nursing staff if you can. <input type="checkbox"/> Rest between feedings.	<input type="checkbox"/> Watch videos about mom and baby care. <input type="checkbox"/> Walk with assistance in hallway. <input type="checkbox"/> Increase your activity gradually with assistance, until the nursing staff have given the OK to move about on your own: <ul style="list-style-type: none"> • Sit at bedside. • Walk to the bathroom. • Walk in your room and/or get out of bed for meals. <input type="checkbox"/> Assistance to the bathroom.	<input type="checkbox"/> Walk around or remain out of bed up to 6 hours per day. <input type="checkbox"/> Don't lift anything heavier than your baby. <input type="checkbox"/> Continue skin-to-skin contact with your baby.
Eating and drinking 	<input type="checkbox"/> Continue receiving IV fluids. <input type="checkbox"/> Enjoy ice chips and liquids. <input type="checkbox"/> Eat healthy, easy-to-digest foods.	<input type="checkbox"/> Drink liquids. <input type="checkbox"/> Eat healthy, easy-to-digest foods.	<input type="checkbox"/> Eat healthy, easy-to-digest foods.	<input type="checkbox"/> Eat healthy, easy-to-digest foods. <input type="checkbox"/> Drink plenty of water and other fluids – don't let yourself get thirsty.
Breastfeeding 	<input type="checkbox"/> Work with the hospital staff to achieve proper latch. <input type="checkbox"/> Start breastfeeding within the first hour after birth, if possible. <input type="checkbox"/> Breastfeed when your baby acts hungry, every 2-3 hours for at least 15-30 minutes.	<input type="checkbox"/> Breastfeed when your baby acts hungry, every 2-3 hours for at least 15-30 minutes.	<input type="checkbox"/> Breastfeed when your baby acts hungry, every 2-3 hours for at least 15-30 minutes. <input type="checkbox"/> If needed, you can meet with a breastfeeding specialist.	<input type="checkbox"/> Breastfeed when your baby acts hungry, every 2-3 hours for at least 15-30 minutes.

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Baby's goals 	<input type="checkbox"/> Your baby will be checked by the nurse. The exam includes: <ul style="list-style-type: none"> • Making your baby's footprints • Take baby's measurements • Baby medications 	<input type="checkbox"/> Continue to feed your baby as discussed by your care team. <input type="checkbox"/> If needed, your baby's blood sugar will be tested.	<input type="checkbox"/> Your baby will be checked by a pediatrician 12-24 hours after birth. <input type="checkbox"/> Your baby will receive newborn screenings: <ul style="list-style-type: none"> • A hearing test • If needed, another blood sugar test <input type="checkbox"/> Newborn photos will be taken, if this service is available. <input type="checkbox"/> Circumcision, if you have chosen it and if possible.	
Mouth and skin care 	<input type="checkbox"/> Wash your hands frequently.	<input type="checkbox"/> Wash your hands frequently.	<input type="checkbox"/> You can take a shower. <input type="checkbox"/> Wash your hands frequently.	<input type="checkbox"/> Keep the bandage on your incision for 7 days after surgery. <input type="checkbox"/> Follow wound care instructions that you were given in your discharge information. <input type="checkbox"/> Brush and floss your teeth 2 to 3 times each day. <input type="checkbox"/> Wash your hands frequently.
Other steps and treatments 	<input type="checkbox"/> Prevent blood clots with walking, medicine, and devices. Information will be provided upon admission to the hospital. <input type="checkbox"/> If pain relief is not well controlled, talk with nursing staff about other options. <input type="checkbox"/> Exercise your lungs with the equipment provided 10 times each hour when you are awake. <input type="checkbox"/> You will be checked by the nurse. <input type="checkbox"/> You and your baby will be moved to the postpartum area.	<input type="checkbox"/> You will be checked by the nurse.	<input type="checkbox"/> Your urinary catheter will be removed 12-24 hours after surgery. <input type="checkbox"/> Measure 3 urine outputs. <input type="checkbox"/> You will be checked by the nurse. <input type="checkbox"/> If needed: <ul style="list-style-type: none"> • You'll have blood drawn for lab work 12-24 hours after birth. • Complete paternity forms. <input type="checkbox"/> Complete and turn in the birth certificate.	<input type="checkbox"/> Follow your discharge instructions. <input type="checkbox"/> Exercise your lungs with the equipment provided 10 times each hour until you're up and moving around regularly.