

How to Prevent Post Cesarean Section Wound Infections

DO: Maintain good personal hygiene daily

After the wound has been exposed, take a daily bath and change into clean clothes.

DO: Maintain proper wound care. Take the advice given by your health provider. Keep the wound clean and dry always



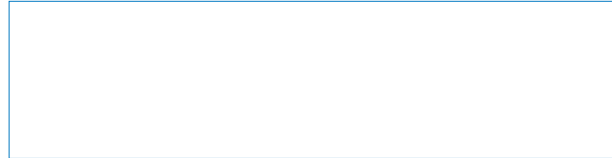
DO NOT apply anything to the wound

DO VISIT the doctor if you develop these signs and symptoms:

1. Redness and discharge from wound
2. Tenderness, swelling and heat
3. Fever



If you have more questions:



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A surgical site infection (SSI) occurs at the site of a surgical incision. Germs can get into the incision area and cause an infection. This can develop within 30 days of an operation

The two most common risk factors for developing post cesarean section wound infections:



1. Diabetes:

High blood sugar can lessen your body's natural healing response. This can slow wound healing.



2. Obesity:

If you are between 9-13 kg overweight you are at a higher risk of surgical site infection. Talk to your doctor about going on a healthy balanced diet and consider exercise.

What to do to help prevent post cesarean section wound infections:

Before coming to the hospital:

- **DO NOT** shave hair. Shaving can irritate the skin and may lead to infection. Use clippers instead.



- **DO:** Take a bath. Maintain good personal hygiene paying special attention to axilla, groin and skin folds. Take a bath with 4% Chlorhexidine Gluconate which will be given to you the night before surgery and on the morning of surgery. Bathing will lessen the number of germs on your skin. Wear a clean set of undergarments and sleep on clean sheets. Wear clean clothes after your morning bath.

After a Cesarean Section:

DO: Always wash your hands

Always cleans your hands before and after caring for your wound. Do not touch the wound unnecessarily

