

# Preparing for your Cesarean Section

- You will receive a phone call from a Labor & Birth nurse to confirm your cesarean section and explain vital information the day before your cesarean section.
- The night before your surgery, shower or bathe, using normal preferred temperature.
- Start each shower or bath by washing your hair as usual with shampoo. Rinse your hair and body thoroughly to remove the shampoo residue.
- To prevent infection following surgery, shower the night before using an antibacterial soap, such as Dial or Hibiclens (do not use a soap with no antibacterial properties). Use one of the provided scrub brushes from the packaging or use approximately half the bottle of Hibiclens. Pay special attention to the surgery site.
- Using the sponge side of the brush or a clean wash cloth, work up a lather and vigorously scrub your surgical site for three minutes. Discard the used brush. Rinse the area and dry with a clean towel. Do not apply any lotions or creams to this area. Put on clean pajamas and sleep on clean sheets. The next morning, repeat the process and put on clean clothes.
- After showering, DO NOT APPLY body lotions, deodorants, colognes, lipstick, make-up, hairspray, mousse, gel or powder.
- For your safety, we ask that you leave all your jewelry at home as they may be a source of contamination which could lead to a post operative infection. This includes earring, rings, watches and bracelets. You must also remove any all body piercings you may have.
- You should arrive at the Maternity Welcome Center two hours prior to your scheduled cesarean section time.
- Leave your belongings in your car until after your cesarean section and you arrive in your postpartum room. Your partner or family member can bring them to you at that time.
- You DO NOT have to come in the days prior to your cesarean section for blood work. That will be done upon your arrival at the Welcome Center.
- You are asked not to eat seven hours prior to your cesarean section.
- Please continue to drink clear liquids (non-citrus juices, soda, water, broth, tea or coffee without milk or cream) up until three hours prior to your cesarean section.
- Please consult with your doctor about any medications you are taking on the day of your cesarean section.
- Bring a written list of your medications. Tell the anesthesiologist about all the medications you take.
- Ask if you will get antibiotic medicine. If so, find out how many doses you will get. Most people receive only one dose before their cesarean section.

***Also, don't forget your camera and baby book!***

**Mercy Hospital St. Louis | Labor and Birth**



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*Your life is our life's work.*