

Caesarean Operation

Making Smooth Deliveries



Delivery by Caesarean Section

It is delivery of the baby through an incision of the lower abdomen.

Day of Admission or Surgery

You are required to be admitted to hospital for at least four hours prior to surgery. On arrival at the ward, a nurse will help you settle in.

You will be asked by your doctor to take a blood test and to provide a sample of urine for a routine test. Shaving of the incision site may be necessary, and an enema may be given to clear your bowels before surgery.

For the safe administration of anaesthesia, you are required to fast (no food and drink) for at least six hours prior to surgery. Your anaesthetist may visit you in the ward along with a nurse who will verify your consent for operation before surgery. Please clarify with the nurse if you have any questions.

Anaesthesia

The Caesarean Section can be done under general anaesthesia or epidural anaesthesia. You can talk to your doctor about it.

For general anaesthesia, the patient will be put to sleep by the anaesthetist before surgery.

For epidural or spinal anaesthesia, a fine catheter for injection of the anaesthesia will be inserted into the epidural space in the back around the waist area. The patient will be awake and alert but will be unable to feel pain in her legs and abdomen. The sensation should return after a few hours. The catheter is usually removed after delivery unless for post-operative pain management.

After Surgery

After the operation, your baby will be sent to the ward nursery or neonatal intensive care unit depending on his/her condition. You will be observed in the recovery area for a while before returning to the ward.

You will have an intravenous drip in your arm to keep you sufficiently hydrated. When you return to your ward, you will be given sips of water or ice chips to suck on. Fluids or a soft diet will be given gradually depending on your condition and the doctor's instruction. You will also have a urinary catheter to drain urine from your bladder.

Sometimes you may feel nauseous due to the anaesthesia. Please inform the nurse if you need medication to ease your condition. You may also experience some pain or discomfort, which can be relieved by pain medication (analgesia). Please tell the nursing staff if your pain persists.

When you are fully awake, you are advised to move your hands and legs while resting in bed to promote blood circulation, and to do deep breathing/coughing exercises, which will help expand your lungs. You may ask to see your baby and start breastfeeding whenever you are ready, or when your condition permits.

Day after Surgery

Your intravenous drip and your urinary catheter will be removed if you are able to tolerate adequate fluids and when your urine output is satisfactory. You may commence on a soft diet as soon as your condition permits or as instructed by your doctor.

As mobility aids in recovery, you will be assisted to get out of bed and allowed to sit on a chair at first, and later walk short distances within the ward. If you feel weak or dizzy, please seek assistance from the nurses.

Breastfeeding Resources

Breastfeeding Mother's Support Group (BMSG) (Singapore)
Hotline: +65.6339.3558
Talkline: +65.6337.0508
Email: counselling@breastfeeding.org.sg
BMSG Library & Office hours: Mon & Wed: 9:00 am - 5:00 pm
Fri: 9:00 am - 2:00pm
Website: www.breastfeeding.org.sg

La Leche League (Singapore)

Helpline: 7000-555-4636 (700-ILL-INFO)
Website: <http://www.lalecheleague.org>
<http://www.illsg.tripod.com>

Joyful Parenting and Breastfeeding

Helpline: +65.6488.0286

The IPAC Hotline +65.6735.5000 is a free service that connects patients in real time to relevant medical services and doctors across ParkwayHealth's Hospitals.

East Shore Hospital

321 Joo Chiat Place
Singapore 427990

Tel: +65.6344.7588
www.eastshore.com.sg

Gleneagles Hospital

6A Napier Road
Singapore 258500

Tel: +65.6473.7222
www.gleneagles.com.sg

Mount Elizabeth Hospital

3 Mount Elizabeth
Singapore 228510

Tel: +65.6737.2666
www.mountelizabeth.com.sg

ParkwayHealth Primary Care Network

20 Bendemeer Road, #01-02/06
Singapore 339914

Tel: +65.6227.7777
www.primarycare.com.sg

ParkwayHealth Day Surgery & Medical Centre

363 Balestier Road
Singapore 329784

Tel: +65.6305.7305

www.parkwayhealth.com

Bonding with your Baby

The nurse will teach you breastfeeding or bottle-feeding depending on your preference. Parentcraft classes will be conducted to enlighten you on caring for your newborn and yourself. Please consult the nurses on the schedule for the classes.

Going Home

When you are ready to be discharged, the pharmacist or the nurse will instruct on your home medications that were prescribed by your doctor. You will also be given an appointment date to see your doctor. Alternatively, your doctor may ask you to make your appointment with the clinic. A medical certificate will be also be given by your doctor if requested.

Rest and Activity

It is important to have enough rest and sleep so that you can take good care of yourself and be able to attend to the needs of your baby and other children if any.

Check with your doctor when it would be safe to start exercising.

Nutrition

Eat a balanced and nutritious diet rich in protein, iron, calcium and vitamin C and take plenty of fluids.

Post-natal Blues

Mild depression and mood swings due to hormonal changes are common especially in the first 10 days after delivery. Consult your doctor if you have such an experience.

Wound Care

You must ensure that your stitches are covered with a waterproof dressing before you bathe/shower.

Keep your wound site clean and dry until your stitches are removed. Look out for a fever, redness and swelling on the wound site. Consult your doctor as soon as possible when you notice any of these signs.

Breast Care

Wear a support bra. During the first week after delivery, your breast will become full in three to four days. This is a temporary state called 'filling up' when your mature milk comes in. You should breastfeed your baby as soon as possible and on demand. You may be more comfortable if you breastfeed frequently. Engorgement may happen if you do not breastfeed regularly, or if your breasts are not emptied effectively.

When you breastfeed, make sure your baby latches on your breast correctly to reduce the incidence of sore nipples. If your nipples are sore, apply some colostrum (the first milk, a yellow sticky fluid) and expose them to air for five to 10 minutes. If the problem persists, consult the breastfeeding advisor or your doctor.

Resuming Sex

The important thing is to take it slow and not feel pressured. Consult your doctor when to resume sex with your partner or spouse.

Blood Loss (Lochia)

The vaginal discharge is called lochia. The colour changes in the first 10 days from red to pink-brown and then become creamy white. This creamy white discharge may be present for up to six weeks.

The flow may increase while you breastfeed or when you change position from lying to standing. You may experience period-like cramps as your uterus returns to its normal size. Consult your doctor if there is fresh blood, clots, or foul discharge.

Birth Registration

Birth registration is available within the hospital premises, within 14 days of birth or at:

Registrar of Births and Deaths,
ICA Building, 10 Kallang Road, #03-00,
Singapore 208718
(Next to Lavender MRT Station)

Family Planning

Consult your doctor regarding family planning.

Post-natal Check-up

Attend your post-natal check-up with your doctor as per your appointment. This is a good opportunity to talk to your doctor about your period, exercise, sexual activity, future pregnancies, contraception, and problems or concerns you maybe experiencing.

