Restrictions After a Cesarean Section

This handout gives restrictions to follow after having a baby by Cesarean section.

Follow these activity restrictions after having a baby by Cesarean section:

**Driving**
- Do not drive while you are taking narcotic pain medicine or if you have severe pain.

**For the Next 6 Weeks**
- Do not lift anything that weighs more than 10 pounds.
- Put nothing in your vagina, including tampons and douche.
- Do not have intercourse.

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Maternal and Infant Care Clinic: 206-598-4070

Labor and Delivery: 206-598-4616