

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