

The C-section hub

Your 6 week C-section Scar Plan





Welcome

Congratulations on becoming a Mum! The journey of childbirth is amazing but it can also bring challenges, especially if you've had a c-section. We understand that the first six weeks post c-section are crucial for your recovery and that's why we developed "The 6-week C-Section Scar Plan" a resource designed to support and optimise your recovery during this pivotal period.

This guide has been carefully crafted by a team of scar therapists, musculoskeletal practitioners and experts in postpartum care. We understand that every woman's recovery journey is unique, and our mission is to provide you with the knowledge, tools, and guidance you need to navigate these initial weeks with confidence and ease.

Whether this is your first c-section or you've been through it before, this guide is your trusted companion throughout the initial six weeks of recovery. Our goal is to empower you to make informed decisions about your recovery and provide you with the reassurance that you are not alone on this journey. Remember, taking care of yourself is as important as caring for your little one and we are here to support you every step of the way.

Day 1

Pelvic Floor Exercises

Start your Pelvic Floor exercises – yes your pelvic floor is effected even when you have had a c-section birth.

Despite your method of giving birth, we know that pregnancy can weaken your pelvic floor by 25% due to the weight of your baby, uterus and body weight.



Your abdominal muscles help support your pelvic floor so when these are spread apart to access your uterus, these can indirectly impact your pelvic floor stability.

Combining an exercise that works on your pelvic floor with one that supports your abdominals can be a great way to start rehabilitating. Here's a pelvic floor exercise to get you started...

Transversus abdominis and Pelvic Floor Activation

1. Lie on your back
2. Bend your knees so your feet are flat on the floor and knees hip width apart
3. Draw up your pelvic floor muscles while tightening your abdominal muscles by pulling your belly button towards your spine (don't lift your bottom)
4. Keep your breathing steady throughout
5. Relax and repeat



Scar tissue at the incision site can impact your pelvic floor by reducing the flexibility and restricting movement through the pelvic bowl so scar therapy and working on your scar is essential.

Your change of posture and movement patterns to avoid pain may put additional strain on your pelvic floor muscles so gentle stretching and dealing with those areas of tension can help lighten the load.

Day 2

Clean The Wound

Once your dressing has been removed use clean, cool water over your scar. Avoid harsh or fragrant soaps or scrubs that may irritate the incision site. Pat your scar dry with a muslin or sanitary towel, avoid fluffy towels and avoid rubbing as this can disrupt the wound.

Continue this for 6 weeks.



Day 4

Look At The Scar

Look at your scar. Take a photo if you can or grab a mirror and have a look. Be prepared for all the emotions that can bubble to the surface and just let it all out.

Day 5

Wear Baggy Clothing

Wear big pants that have no trim or detail – plain cotton is perfect. Wear loose, light, breathable fabrics – think floaty dresses and smocks avoiding anything with tight waists that will irritate your scar.



Day 6

Keep Hydrated

Keep hydrated! Hopefully you've been doing this anyway but water is essential to your recovery. You are made up of over 60 % water so drink, drink, drink.

This step shouldn't only apply during your recovery period, drinking more water is a good habit to get into anyway!



Day 7

Week 1 Complete!

Well done! You've made it to your first week! Go for a short walk outside and see how you feel.

Weeks 2 - 4

Once your scar has closed and there is no infection, you're confident looking at the scar then you can start to touch the scar and work it.

We recommend a medical-grade moisturiser which has been scientifically proven to hydrate, heal and relieve itching and redness and is included in your C-section Recovery Kit. Sweep the moisturiser across your scar regularly but at this stage avoid "working" the scar.

Start walking a little more, a little further each day always checking on how you feel. Don't be afraid to take a step back if you feel you have overdone it, it's not a race – this is your journey. Keep doing your pelvic floor exercises, making sure you're not holding your breathe.

Weeks 4 - 6

Once everything is fully closed, no openings in your scar, no stitches or staples, you can start scar massage.

Which scar do you have? There are many different types of scar – fine-line, hypertrophic, keloid and you may find your scar is a combination of all of them with it appearing patchy - smooth in places and bumpy in others.

Different scars respond to different techniques and you need to be mindful not to aggravate an area of your scar that is already hyperstimulated as this can trigger further collagen to be laid down.



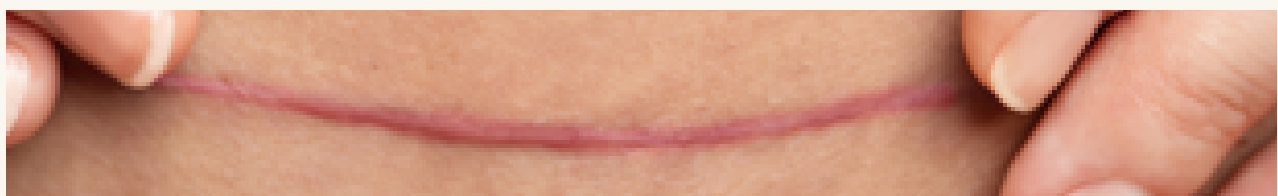
Phase 1:

Desensitise and stretch the tissues AROUND the scar. This is where you start to reintegrate your scar neurologically and address adhesions in the surrounding tissues and is more about the FUNCTION of your scar.

Phase 2:

Desensitise and stretch the tissues DIRECTLY OVER the scar. If it's feeling lumpy, numb, sensitive or looking red and patchy, this is where you address the APPEARANCE of your scar.

So there we have it. Your plan for the first 6 weeks! There's so much more we can share with you - if your tummy is feeling numb? Do you have an overhang? How's your diastasis (tummy gap)? Pelvic floor exercises going okay? Are you keen to start exercising but not sure if it's safe? Keen to get some specific techniques for your individual scar?



About Felicity

Felicity is a Scar Therapist, Mummy MOT Practitioner and registered Osteopath. She is the founder and owner of two UK clinics working with mums and babies supporting them with their recovery from birth and all the issues that brings.

Her passion is to improve the health and wellbeing of mums and babies and believes the best way to do this is to educate as many families as possible through relatable, engaging content so more people realise what is possible.

Felicity enjoys spending time with her husband, two children and extended family. She loves playing sport, especially tennis, netball and gym-work and can often be found standing at the side of a pitch or court watching her children living their best life.



'Women's Health Matters!'



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