



**3300 HealthPlex Parkway
Norman, OK 73072
405-515-3500**

Cesarean Section Pre-Op Instructions - Mom/Baby

Patient Name: _____ **Physician:** _____

- ➡ Your C-Section is scheduled at Norman Regional Hospital on _____ at around _____ am / pm.
- ➡ On the day of surgery, please check in at _____ am / pm at the following location.
 - ☐ Women's Pavilion OB registration desk (northwest side of the hospital)
 - ☐ Emergency Department (southeast side of the hospital)
- ➡ Required labs should be drawn 24-48 hours prior to your C-Section. Fasting is not required, unless you are instruction to do so. Please check in at the OB registration desk on:
Mon _____ Tues _____ Wed _____ Thurs _____ Fri _____ Sat _____
Between the hours of: 6am-6pm 8am - noon

Getting Ready for Surgery

- ✓ Please do not eat **8 hours** before your surgery, nothing to eat after _____ am / pm.
- ✓ Clear liquids are encouraged up until **2 hours** prior to your surgery. These include water, fruit juices without pulp, black coffee, broth, flavored water-anything that is clear is OK.
- ✓ Please do not drink anything after _____ am / pm. If your surgery time gets changed for any reason, these times may also change.
- ✓ Failure to follow these restrictions may result in your surgery being delayed or cancelled.
- ✓ You may brush your teeth the day of surgery.
- ✓ Do not take any medication the morning of surgery unless instructed to do so; please verify with your physician.
- ✓ Please follow the Chlorhexidine gluconate 'CHG' treatment instructions before your surgery. This treatment reduces the number of germs on your skin.

Instructions:

- First, test the CHG solution on a small area of your skin to see if you are allergic. Signs you may be allergic include: redness, itching and sometimes blisters. If you see these signs, you will need to use unscented, anti-bacterial soap instead of CHG. then complete the following with either CHG or soap.
- The CHG or soap should be used on your abdomen, wash abdomen from just below the breasts down to the upper thighs.
- Do not use any lotions, creams or other soaps on your skin afterwards.
- Please shower with CHG or soap the night before and the morning of your surgery.
- ✓ Notify your physician of any changes in your physical condition including fever, cold/flu/COVID symptoms.
- ✓ Remove all metal jewelry before arrival to the hospital. This includes all piercings, rings, bracelets, necklaces, and watches. Metal in/on your body can cause burns during surgery.
- ✓ Please do not shave your lower abdomen/upper pubic area during the 3-4 days before your surgery. Accidental cuts and razor burn can become infected. Your nurse will clip anything that needs trimmed prior to surgery.
- ✓ Avoiding tobacco and marijuana use will greatly improve your body's ability to heal and control pain.

On the Day of Surgery

- ✓ A nurse will admit you to a pre-op room & have you collect a urine sample, then you will change into a hospital gown. We will then place monitors on your abdomen that will allow your nurse to observe your baby's heart rate and uterine activity. Vital signs will also be obtained.
- ✓ An IV will be placed and labs will be drawn, if needed. You may get IV fluids and medicines at this time. Medicine may include a liquid antacid that you drink to help reduce stomach acid and an IV antibiotic to reduce your risk of infection.
- ✓ You will be asked about your health history. Please bring a list of the medicines you take and your pharmacy's name.
- ✓ Anesthesia will come visit with you, explain the spinal procedure and answer any questions you may have.
- ✓ Leg wraps will be put on to prevent blood clots and will stay on until you are walking often.
- ✓ A warming device called a Bair Hugger may be placed over you before and during surgery to help keep your body at the right temperature.
- ✓ Your support person will be given paper scrubs, a hat, mask, and shoe covers to change into while you move to the operating room. They will wait in your room until you are ready for surgery. At that time, a nurse will bring them to sit next to you and stay with you during your surgery. Reminder: have your phone or camera with you and ready for photos!
- ✓ If you have COVID symptoms or test positive, this process may change.

During Surgery

- ✓ Once in the operating room, your nurse will assist you onto the operating table for the spinal anesthesia. You will be asked to slouch and round your back to help with placement of the medication. It is very important that you stay still and do not reach your hands behind your back. After the anesthesia is placed, nurses will help you lay back on the table.
- ✓ The numbing medication works quickly and you will become numb from your toes up to the top of your abdomen.
- ✓ Monitors will be placed to obtain your heart rate, blood pressure and oxygen.
- ✓ Your leg wraps will be connected to a pump to help with circulation and prevent blood clots.
- ✓ A catheter will be placed in your bladder to keep your bladder empty. You will be numb and should not feel it being placed. As early as 6 hours after surgery, your catheter will be removed.
- ✓ Warm blankets and/or the warming device will be placed on your upper and lower body to help keep you at the right temperature.
- ✓ Your abdomen will be washed with a special scrub solution to help prevent infection.
- ✓ This solution will dry for several minutes and then drapes will be placed over you, these drapes allow only your abdomen to be exposed during surgery.
- ✓ Your support person will be arriving any time now. They will be seated near you, at the head of your bed. Photos are encouraged; however, videoing is not allowed while in the OR.
- ✓ If you feel sick or have any problems during surgery, please tell your anesthesia provider.
- ✓ Before you know it, baby is here! Your doctor will hand your baby to a newborn nurse who will take your baby to the warmer that has been prepared for their arrival. The warmer is located across from you, so you should be able to see your baby during this time.

- ✓ After your baby has been dried and is stable; your support person will be asked to come to the warmer to meet your baby and take photos. When you and your baby are ready, we will bring your baby to you. You can choose to have your baby placed directly on your chest, this is called skin-to-skin, or we can wrap your baby and have support person hold them next to you. Either way, you should be able to see and touch your baby. Your newborn will stay close to help you and your support person keep baby safe and warm during this time.
- ✓ Once your surgery is finished, you will be moved back to your hospital bed. Then you, your baby and support person will be moved to your postpartum room together.

After Surgery/Recovery

- ✓ Once in your room, you will recover for at least two hours. During this time, up to two adult visitors at a time are allowed. All others may wait in the Women's and Children's waiting room. After recovery more visitors may be allowed, please check with your nurse.
- ✓ The Golden Hour refers to the first hour of life with mom and baby having skin-to-skin contact. This is critical time for baby to transition from the womb to the outside world, and for mom and baby to bond. During skin-to-skin, your baby is placed on your chest wearing only a hat and a diaper, then both of you are covered with warm blankets.
- ✓ At some point, you may notice your baby showing signs of hunger. Whether you desire to feed your baby colostrum/breastmilk or formula; your care team is trained and ready to assist. Our lactation consultants are also on-site from 7am to 7pm and work to see new moms as soon as possible after delivery. Either way you prefer to feed your baby, our care team is specially trained to assist beginning with their very first feeding.
- ✓ When recovery is over, you and your baby's care will be moved to a Women's and Children's nurse. These nurses are mom-baby experts and will continue caring for you and your family through the rest of your stay.
- ✓ Your spinal anesthesia will help with pain control for several hours. Please tell your nurse if you feel pain. You will feel better and heal better if your pain remains under control.
- ✓ Nausea and/or vomiting are common side effects of anesthesia and pain medication. Please tell your nurse if you feel this way.
- ✓ Your diet will begin with clear liquids such as ice chips, juice, broth, water and Jell-O. Other foods, such as crackers, will slowly be added based on your desire and physician order. You will want to avoid carbonated/fizzy drinks and not use a straw since they create stomach gas and pain.
- ✓ Approximately six hours after your surgery, you will be encouraged to start moving more. We will initially have you stand and see how well you tolerate movements. Each time we will increase the activity and encourage you to move more frequently. You will need to find a balance of getting up and not getting stiff, but also being careful not to overdo it.
- ✓ Respiratory therapy will visit with you and provide an incentive spirometer. This device helps you perform deep breathing exercises to keep your lungs clear and inflated, preventing pneumonia. You will be instructed to take slow, deep breaths while holding a pillow over your abdomen for support. This may cause you to cough, which will also help keep your lungs clear.
- ✓ You will stay in the hospital usually two or three nights after your surgery. You and your doctor will decide the best time for you to go home.

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Infection Prevention Tips

- ✓ You will be discharged home with another bottle of CHG treatment, please allow it to run across your incision site during your daily shower until empty. If you are allergic to CHG, please use unscented, antibacterial soap while showering.
- ✓ Rinse well and pat dry with a clean towel or washcloth not used on the rest of the body.
- ✓ Please do not use any lotions, creams or other soaps around your incision.
- ✓ The best way to prevent an infection is to **wash your hands**. Do this often; especially after bathroom breaks, diaper changes and touching non-clean items or surfaces. Wash before and after preparing foods, changing bandages, administering medications or any time your hands look dirty.
- ✓ Check your incision daily and if it looks bad, tell your doctor right away. Be careful **not** to touch the incision, even with clean hands. Using a mirror may be helpful. Notify your doctor as soon as possible if you have heavy drainage, redness, swelling, foul/sweet odor, increased warmth, or pus from your incision.
- ✓ Change your bed linens (sheets and blankets) before sleeping in your bed after surgery and on a regular basis or when visibly dirty; especially if an animal sleeps in or on your bed.
- ✓ Avoid sleeping with pets in bed with you for the first week after returning home from surgery. This will help prevent infection and accidental injury to your incision.
- ✓ Keep anything that touches your incision clean and changed daily until your incision is healed.

If you have concerns or something *'just doesn't feel right'* between now and your surgery date; please avoid food/drink and call your doctor immediately and/or come to the OB Emergency Department as soon as possible. In the event of an emergency, call 911.

Questions? Please call 405-515-3500. Our team is happy to answer your questions or clarify information about your upcoming surgery.

Norman Regional Labor & Delivery Team are here to help you & your family have a great experience before, during and after delivery.

Thank you for trusting us with your care.



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