

## MODERN SOLUTIONS OF POST-OPERATIVE REHABILITATION IN WOMEN WHO UNDERWENT CAESAREAN SECTION

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**Abstract:** Cesarean delivery is one of the oldest surgical operations. There are many indications for its implementation. The main goal of the manipulation is to save the health and sometimes the life of the mother and the baby;

In our reality, a caesarean section is performed strictly according to the instructions, and after the operation, doctors continue to carefully monitor the woman's well-being and recovery processes in her body. After all, this operation seems very simple, and despite the fact that medical technology is constantly improving, it is still a surgical intervention.

Of course, the recovery process after a natural birth and after a cesarean birth is different. During childbirth, many changes occur in a woman's body, for which nature has prepared an expectant mother during pregnancy. These are various changes in the cardiovascular, endocrine, respiratory systems, blood clotting system and others. Some of these changes are activated during cesarean delivery, while others follow a different scenario.

**Key words:** Cesarean section, rehabilitation, scarring, pregnancy.

### **How to take care of yourself after a cesarean section**

At the same time, during surgical delivery, the woman's body is subjected to additional load and stress due to systemic or local anesthesia, as well as a large wound surface caused by abdominal surgery. Therefore, in addition to the general recovery processes, in the postpartum period after cesarean section, there are also processes of recovery of the nervous system after anesthesia, as well as processes of healing postoperative sutures.

Since normal and cesarean births are always different for everyone, the recovery period for each woman also has individual characteristics. A woman should definitely consult the obstetrician-gynecologist who gave birth or operated on her about these features and the postpartum protection regime.

### **What determines the recovery process of the body after cesarean section?**

The recovery process after a natural birth and after a cesarean section depends on many factors: the characteristics of the pregnancy process, the characteristics of the woman's initial state of health, the presence of chronic diseases, and the presence of complications during childbirth. It is also affected by the characteristics of the operation: whether the woman had an emergency or planned cesarean section, what type of anesthesia was used, whether there were complications during the operation or during the removal of the fetus, what incision was used, and so on. The flexibility of the female body plays an equally important role.

With these many factors in mind, it's clear that no two women experience the same postpartum period. Therefore, before leaving the maternity hospital, every woman should ask her doctor in detail what regimen to follow, what physical activity is acceptable in her condition, and how often to consult a doctor in an outpatient setting. , in which cases you should immediately consult a doctor.

### **Suture after caesarean section: we follow and take care of it properly**

After a cesarean section, great attention should be paid to the postoperative sutures, because problems in this area can lead to serious complications. In the public domain, you can find a lot of tips and advice on how to care for a postoperative suture, what to do to make it heal faster, what regimen to follow, and even how to treat inflammation in the suture area.

### **Suture after caesarean section**

However, experts say that following this very general advice is dangerous! In each case, a strictly individual approach is required, and one advice may be suitable for one woman, but absolutely unacceptable for another.

For example, when some problems arise, even harmless recommendations to treat the postoperative suture with bright green are contraindicated due to the risk of missing the onset of inflammation. Therefore, before leaving the maternity hospital, every woman should ask the doctor the following questions in detail: how to care for the seam, how to treat it, how to close it, when you can start showering again, do you have to wear clothes? bandage, suture, when to show the doctor. It is equally important to find out from a specialist what signs should alert you and be a reason to immediately consult a doctor (itching, thickening of the seam, pain, discharge from the seam, bleeding in the seam area, etc.). .

All recommendations for the care of the seam in the future are given to the woman by the obstetrician-gynecologist in the antenatal clinic.

### **A little about the regime after cesarean section**

Your relatives will say to you: "You should do more, don't sit at home, go for a walk!" Did you mean? Or on the contrary: "Lie in bed, don't move, let everything heal?" Interestingly, the opinions of "experienced" relatives about what regimen a mother should follow after cesarean section can be diametrically opposed. Who should you listen to? Of course, the doctor is watching you.

After all, no matter how much advice you hear about the regimen and workload of a woman who has had a cesarean section, no matter how much you read about it in blogs and social network groups of successful mothers, it is only done by a doctor. The operation knows the peculiarities of the development of this woman, and therefore she can only give competent advice. When, how and how intensive the physical activity should be for the patient, the doctor determines, paying attention to the characteristics of the initial state of health of the woman, the course of pregnancy, the type and progress of the operation, and the presence of complications. Therefore, the mode and intensity of physical activity should be discussed only with a doctor and an obstetrician-gynecologist at the antenatal clinic before leaving the maternity hospital.

### **What recommendations should the doctor give after cesarean section?**

You can find many stories on the forums about how mothers "jump" just two hours after cesarean section and go for a walk with the baby almost every day, but the truth remains: we are all different and only a specialist can do this. determine which mode is suitable for whom? And the postpartum period is not the time to experiment with your health.

## When to plan the next pregnancy after cesarean section?

After a cesarean, a scar remains on the uterus. In order for this scar to "survive" the subsequent pregnancy and birth, it must be strong, i.e., muscular and elastic enough to withstand stretching during fetal growth and be strong enough during labor. should contain fibers.

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