

Respiratory physiotherapy after caesarean birth

- 1.6.30 Do not offer routine respiratory physiotherapy to women after a caesarean birth under general anaesthesia as it does not improve respiratory outcomes (for example, coughing, phlegm, body temperature, chest palpation or auscultatory changes). **[2004]**

Length of hospital stay and readmission to hospital

- 1.6.31 Inform women that length of hospital stay is likely to be longer after caesarean birth than after a vaginal birth. **[2004, amended 2021]**
- 1.6.32 Offer women who are recovering well, are afebrile and do not have complications after caesarean birth, discharge from hospital after 24 hours and follow up at home, as this is not associated with more readmissions for babies or mothers. **[2004, amended 2021]**

1.7 Recovery after caesarean birth

- 1.7.1 In addition to general postnatal care, provide women who have had a caesarean birth with:
- specific care related to recovery after caesarean birth
 - care related to management of other complications during pregnancy or childbirth. **[2004]**

Wound care

- 1.7.2 Consider negative pressure wound therapy after caesarean birth for women with a BMI of 35 kg/m² or more to reduce the risk of wound infections. **[2021]**
- 1.7.3 When using standard (not negative pressure) wound dressings after caesarean birth take into account that: