



C-Section Incision Daily Check Card

A 2-minute daily incision check for weeks 1 to 6, so you know what normal healing looks like and what is not

The 2-minute check

- 1 Wash your hands, lie back with knees bent, and use a hand mirror if the incision sits under your belly.
- 2 Look: a thin pink or red line, mild puffiness and small bruises are normal in weeks 1 to 3.
- 3 Touch around it with a flat hand: firm and tender is normal, hot skin or a new hard lump is not.
- 4 Press lightly 2 inches above the scar: numbness or tingling here is common and can last for months.
- 5 Pat the area dry after showering, no scrubbing, no creams on the line until it is closed with no scabs.
- 6 Take 5 slow belly breaths, 4 counts in and 6 counts out, and notice if the breath moves above the scar.

Gentle daily moves, weeks 1 to 6

- ☐ Weeks 1 to 2: 10 belly breaths, 3 times a day, with one hand resting just above the incision.
- ☐ Log roll to get up: knees bent, roll to your side, push up with your arms, no sit-ups out of bed.
- ☐ Walk 5 minutes, 2 to 3 times a day in week 1, add 5 minutes each week if pain stays under 3 out of 10.
- ☐ Hold a folded towel over the incision when you cough, laugh or sneeze for the first 2 weeks.
- ☐ From week 2: 10 gentle pelvic floor squeezes, 3 seconds on and 3 seconds off, lying on your side.
- ☐ No lifting heavier than baby in the car seat for 6 weeks, no crunches or planks until your check-up.

Call your provider the same day

- Redness spreading more than a finger width out from the line, or skin that feels hot to the touch.
- Fluid, pus or blood soaking through a dressing, or a bad smell from the incision.
- A fever of 100.4 F or higher, chills, or feeling suddenly unwell.
- The edges of the incision pulling apart, or a gap you can see.
- Pain that gets worse after day 3 instead of easing, or pain medicine that stops helping.
- Calf pain, swelling in one leg, chest pain or shortness of breath: call 911 or go to the ER.

Incision and movement log

Date	Incision looks	Pain 0 to 10	Walk minutes	Breaths done

When to get help: If the incision opens, oozes or redness spreads with a fever of 100.4 F or higher, call your OB-GYN or midwife today, not at the 6-week visit.