

C-Section Care Plan

Patient information	
Name:	Gestational age:
Date given birth to baby:	
Contact information:	
Emergency contacts	
Primary care physician:	
Obstetrician/gynecologist:	
Pediatrician:	
Local urgent care:	
Emergency department:	
After-hours help:	
Pre-operative plan	
I. Health teaching:	
Discuss procedure details, potential complications, and post-op expectations. Provide preoperative anxiety management techniques.	
II. Pre-operative instructions:	
Fasting and dietary restrictions before surgery. Medication instructions (discontinuation or continuation as needed). Hygiene preparation before surgery.	
III. Pre-op medications:	
Administer antacids or histamine H2 antagonists as needed. Provide pain medication and antibiotic prophylaxis per protocol.	
Nursing assessment	
I. Subjective and objective data:	
Assess pain level and incision site condition. Monitor for post-operative bleeding and movement difficulty. Evaluate fatigue levels and emotional well-being.	
II. Health history review:	
Identify indications for C-section (maternal, uterine, fetal considerations). Assess for any comorbidities or conditions impacting recovery.	

Nursing diagnoses and priorities

I. Pain management:

II. Incision site care:

III. Vital signs monitoring:

Blood pressure:

Heart rate:

Temperature:

Respiratory rate:

IV. Breastfeeding and bonding:

V. Education and self-care:

Nursing interventions

I. Pain relief measures:

II. Wound care:**III. Early ambulation:****IV. Emotional support:****Post-operative plan****I. Monitoring for complications:****II. Breastfeeding support:**

III. Follow-up instructions:**Discharge instructions****I. Activity limitations:****II. Pain management at home:****III. Follow-up appointments:****Healthcare professional information**

Name:

License ID number:

Signature:

Date of assessment: