

In the Recovery Area

- Your support person will be allowed with you in the recovery room. Please ask about the current visitation policy for any additional visitors.
- In the recovery room you may start taking fluids/ice chips as per your doctors orders. Once you have met the criteria for leaving the recovery area, we will transfer you and your baby to a postpartum unit on the third floor.
- To help prevent postoperative complications, you are encouraged to be out of bed and walking as soon as possible. Your diet will be changed according to your doctors orders; most patients are able to eat regular food later that day.

Discharge

- Discharge is usually planned for the 2nd postpartum day if medically ready (e.g., if you had surgery on Monday you will go home on Wednesday).
- Please make plans to be discharged before noon.

Visiting Policy

You may have one support person during your procedure. For the rest of your stay, please ask about the current visitation policy.

We look forward to being a part of your birth experience and hope your stay at Strong Memorial is enjoyable.

Feel free to call your provider with any questions.

Patient Resources:



Labor and Delivery

601 Elmwood Avenue
Box 619-314
Rochester, NY 14642-1234
Part of Strong Memorial Hospital.



What to expect with your Cesarean Section



Welcome to Strong Memorial Hospital

We are a family-centered care institution and are always here for you, your baby and your family. Please be assured we are always happy to answer any and all of your questions.

You have been scheduled for delivery by cesarean section. To help you prepare for your admission, please review this brochure. It will provide you with necessary information regarding your surgery and hospital stay.

The day before your surgery

- The day before you are scheduled for a cesarean section you **MUST** have your blood drawn at a **URMC lab**. This is very important so that the blood bank knows what type of blood to give you if needed. If you have done it at a different lab we will not have the results in our blood bank and it may delay your C-section.
- Call the Surgical Center at (585) 275-8256 after 2:30pm the day before your scheduled surgery to confirm your arrival time the next day. We usually require you to be at the hospital 2 hours prior to your scheduled surgery.



Day of Surgery

- **Do not eat or drink anything after midnight the day before your surgery.**
- Check with your doctor concerning any daily medications; ask if you should take them with a sip of water or not.
- Please leave your valuables at home and your suitcase in the car; a support person can get them after you are moved to your postpartum room. Bring your camera in!
- Park in the parking garage and enter the hospital through the main lobby. Follow the red tags on the ceiling to the red elevators. Take the elevator to the 3rd floor and check in at the front desk right when you get off the elevator.
- Our secretary will then place an ID band on you and show you to your room. We will ask you to remove all of your clothes, including your undergarments, and put a hospital gown on.
- Your nurse will greet you, complete your admission history, place your IV, monitor the baby's heart rate and review what to expect in the operating and recovery room.
- Anesthesiology and obstetric providers will come in to meet you and discuss the plan for your care.
- You can pick **only one** person to come into the operating room with you. This is hospital policy and is in place for the safety of you and your baby. There are no exceptions!

In the Operating Room

- The following preparations will take about 20 – 30 minutes once you are taken to the operating room. Your anesthesia medication will be given and then a catheter will be placed in your bladder. You will have compression sleeves placed on your legs that will help the blood flow to your heart and help prevent blood clots from forming. A safety strap is placed across your legs. Your abdomen will be washed and a drape applied to prepare for the surgery. Your support person will join you after all of these preparations have been completed.
- A “Time Out” will be performed. You will be asked to state your name, birth date and what procedure you are having done in the operating room. This is a standard procedure for all surgeries and is in place for your safety.
- At different times throughout your surgery you will hear your nurse and the scrub tech counting. This is a normal process.

