Cesarean

Definition: Cesarean section is a type of surgery that means removing the fetus by making an incision in the abdomen and uterus. The success of a surgical outcome depends on the patient's overall evaluation, careful preparation before surgery, and careful postoperative care. Some surgical-related measures reduce mortality. It is hoped that by raising the awareness of patients and staff, we can reduce the preventable complications of surgery and help improve the health of mothers and infants, who make up a significant number of the population.

Nursing care before cesarean:

- Taking a history of patients and examining the history of the disease and the use of drugs and the existence of any known allergies to drugs, foods or environmental factors
- Training the patient about stopping medications such as aspirin or OTCs and continuing to take cardiac or antiarrhythmic drugs
- Advising the patient to be NPO at least 8 hours before surgery
- Checking the requested tests
- If the patient has not had an ultrasound before, do an ultrasound for the patient
- To reduce the risk of infection, it is best to remove hair immediately with an electric device before surgery.
- It is necessary to remove artificial teeth, metal and decorative objects (bracelets and watches) and glasses before the operation.

Postoperative nursing care:

- Checking vital signs, uterine bleeding rate, uterine tone examination, patient urine volume at specified intervals carefully, checking frequent uterine peak by touching to ensure the uterus is firm and contracted are the most important measures after surgery.
- It is necessary to count the patient's pads, which indicate the amount of bleeding. (Normal bleeding is as much as menstrual bleeding.) Controlling the wound site is also important for abnormal bleeding.
- If the amount of urine is less than 33 cc per hour, the patient is oliguric. The cause of oliguria may be undiagnosed bleeding to alter the antidiuretic effects of oxytocin, and tell your doctor if you have hematuria.
- The state of consciousness can be assessed in patients by stimulating and talking to the patient who have received general anesthesia.
- Help the mother start breastfeeding as soon as possible.
- Encourage the mother to take deep breaths and cough effectively to prevent atelectasis
- Relieving the patient's pain is very important. Encourage the patient to use pain relief techniques such as cognitive adjustment techniques (which are helpful in relieving stress and anxiety and provide relief), including:
  
  Imagery: The patient focuses on a pleasant experience or sense of comfort
  Distraction: Encourage the patient to think about a pleasant story or whisper a favorite poem or song
If analgesia is not effective, it is given as PRN. Injectable painkillers are usually used for up to 48 hours

- Training to change position in bed and move early is important to reduce the incidence of venous thrombosis, pulmonary embolism, atelectasis, and lung infection. Encourage the mother to get out of bed, which is usually done 24 hours after the operation.
- The patient should be NPO for 8-24 hours. It is depended on the patient.

Special Notes after Cesarean

Bleeding:

The most common cause of bleeding is atonic uterine bleeding. The uterine muscle may not contract in the area to which the placenta is attached, and atony may occur. Nursing care: cervical massage, control of vital signs and maternal hematocrit, blood reservation, intravenous fluids and oxytocin if necessary

Uterine Inertia:

It is a rare complication and means the uterus is turned upside down. The mortality rate is high. Nursing care: controlling vital signs, controlling bleeding and catheterization, controlling urine volume, uterine massage.

Training how to be active: Activities in the first week should be limited to caring for the mother and baby with the help of others.

Nutrition Training: the patient should not use bloated foods, she should use foods rich in calcium and iron.

If you have any questions or ambiguities, call the following number:

023-33460066, Obstetrics and Gynecology ward of Amir-al Momenin