

Pain medicine after your caesarean section

It's common to feel pain after surgery. Managing this pain helps you heal.

Everyone feels pain differently after a caesarean section.

You can manage your pain by telling the staff how you feel. It's easier to treat pain when you deal with it early.

Tell staff if your pain:

- becomes moderate or severe
- stops you from taking care of yourself or your baby
- stays the same or gets worse more than an hour after taking pain medicine.

Taking your pain medicine

The pain medicine you receive depends on your type of delivery, your medical history and any other medicines you are taking.

You will get some pain medicines at specific times. It is important to take your pain medicine when it is given to you.

Stronger pain medicines are available. Let your midwife know if you need stronger pain relief.

Unwanted effects of pain medicines

Sometimes, pain medicines can cause unwanted effects, including:

Itching

Most people receive morphine through a spinal or epidural during a caesarean section. This helps manage pain after delivery but may cause itching. This itch usually goes away after 12 to 24 hours. You can ask for medicine to treat this itch if you need it.

Nausea or vomiting

Strong pain medicines can sometimes cause nausea or vomiting. You can ask for medicine to treat nausea or vomiting if you need it.

Constipation

Strong pain medicines can make you constipated, which means it might be hard for you to poo. Other things like surgery, not drinking enough water and not moving can also cause this. Drinking water and moving around your room will help. If you still have trouble, there are medicines to treat constipation. It is strongly recommended you take this medicine in the first few days after surgery if you need it.

For more information and advice

Ask to speak with someone from the Acute Pain Service team.

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732 (24-hour support service)

[1800respect.org.au](https://www.1800respect.org.au)