

ESSENTIAL TIPS TO MAKE YOUR C-SECTION EMPOWERING

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BIRTH PHOTOGRAPHER

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ROCK YOUR C-SECTION AND MAKE THE PROCESS AS SMOOTH AS POSSIBLE!

A FEW THINGS TO CONSIDER FOR YOUR BIRTH PLAN

- Decide who you would like to be present in the operating room with you.
- Think about what kind of pain management you would like to have during the surgery.
- Consider your preferences for after the birth.

THINGS YOU SHOULD CONSIDER BRINGING TO THE HOSPITAL

- High waisted pajamas/pants
- Extra pillows
- Loose fitting clothes and sandals

TIPS TO HELP YOUR RECOVERY PROCESS

- Don't try to do too much too soon
- Prepare your home
- Make sure everything you'll need is within arm's reach
- Stock your freezer
- Listen to your body