

What to pack for a planned C-section

If you have a planned C-section, also known as an elective C-section, you know more or less what will happen and when. You also know you'll be in hospital for 3-5 days. Here's a list of what to pack for a planned C-section to make yourself feel at home and comfy.

For Mum

- ☐ Dressing gown or long cardi you can throw on for visits to the hospital café.
- ☐ Comfy, loose, front-opening tops or nighties. Easier for breastfeeding or skin-to-skin contact.
- ☐ High waisted knickers that sit above your wound. Six pairs to be safe. Dark colours are best.
- ☐ Jogging bottoms with a wide soft waist band that won't rub or irritate your scar.
- ☐ Slippers, sliders, flip flops or whatever's easiest to get on and off for loo runs.
- ☐ Soft, warm socks, especially in winter.
- ☐ Maternity sanitary pads – yep even with a C-section you will get vaginal bleeding afterwards.
- ☐ A couple of nursing bras and a bunch of breast pads.
- ☐ Nipple cream. Nipple salve. Nipple balm. All nipple saviours.
- ☐ Toiletries. Keep it basic but feelgood. Toothbrush and toothpaste. Hair ties, travel-sized roll-on deodorant, shampoo and shower gel. A couple of flannels. Moisturiser and lip balm. Take a towel from home, preferably dark coloured.



- ☐ Make-up, if you're that way inclined, for there will be selfies and video chats. Keep to your must-haves. Mini versions are handy.
- ☐ Your phone for photos and chats and googling everything baby-related.
- ☐ Headphones. For chatting, music, or audio books, going hands-free may be handy (and necessary).
- ☐ Phone charger with an extra-long cable. Plug points aren't always conveniently placed. A rechargeable power pack might be your best bet.
- ☐ Decaf or herbal teabags and healthy snacks.

For Baby

- ☐ Teeny tiny newborn sleep suits, six or so. Ideally with built-in mittens.
- ☐ Scratch mittens if they're not attached to the sleepsuits.
- ☐ Body suits sleeveless or short sleeved. Pack a few in case of nappy leaks.
- ☐ Muslin squares – you won't know how you lived without these. They have a million uses.
- ☐ A soft, breathable baby blanket.
- ☐ Nappies. Around 20 should do.
- ☐ Cotton wool. Much gentler for cleaning baby-soft bums.
- ☐ Going home clothes. Layers are great. Don't forget a soft hat.
- ☐ Car seat – legally required if you're going home in a car.
- ☐ Sterile bottles, teats and formula if you're bottle-feeding.