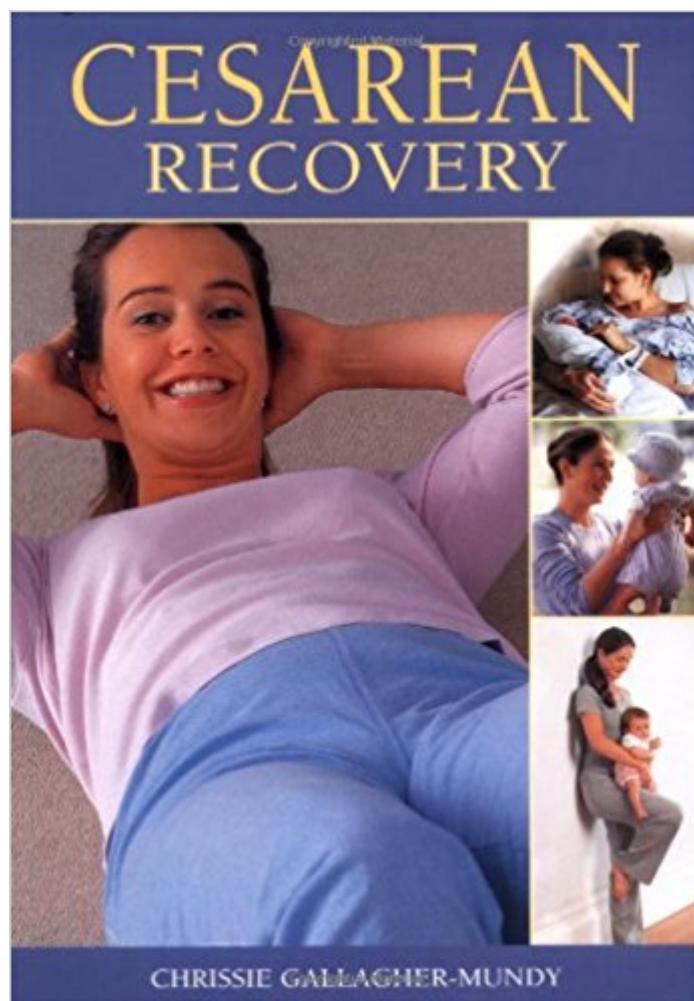


The book was found

Cesarean Recovery



Synopsis

The complete guide to a healthy recovery from the effects of C-section birthing. Almost 1 out of 4 deliveries is by cesarean section. Whether or not the procedure is planned, cesarean section must be considered major abdominal surgery and surgical recovery is a necessary process towards complete healing. Cesarean Recovery guides new mothers through the healing process in conjunction with her medical care. The new mother will discover when and how to start her recovery -- from her first attempts at sitting up in the hospital bed, through to standing and on to mastering her first exercises. This special guide includes straightforward and detailed information on: Safe and effective exercises for regaining pre-pregnancy shape Regaining vitality and strength with daily and weekly exercise routines Fun-to-do and effective routines that include mother and baby Diet, breastfeeding and postpartum problems Incision care and advice for repeat cesarean sections Written in an accessible style and illustrated with color photography throughout, Cesarean Recovery shows mothers, step-by-step, how to recover from the surgery as they care for their newborn.

Book Information

Paperback: 128 pages

Publisher: Firefly Books; First Printing edition (March 6, 2004)

Language: English

ISBN-10: 1552979040

ISBN-13: 978-1552979044

Product Dimensions: 9.5 x 6.8 x 0.3 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #963,986 in Books (See Top 100 in Books) #100 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #1543 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #2533 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

This book should be handed out in hospitals for women who have had a c-section. For a woman with no knowledge on what to expect before, during, and after a c-section, this book contains all the information that I needed to know. The book is very easy to read, every page is in glossy color with many pictures on what to expect and how to do the recovery exercises. The section on breastfeeding is very helpful as well. The book is divided into sections for each part of recovery,

from 1-3 days, 4-7, weeks 2-12, 12-24, etc. I started reading this from my library on week 11 and started from the beginning exercises (from day 1) and feel GREAT after doing them. I was unsure what exercises I could do besides keigals and walking, this answered everything for me. I highly recommend!

This is the American version of "Caesarean Recovery" by Gallagher-Mundy all the text is the same as the English version just with some spelling changes. I would equally recommend either one, we accidentally purchased both thinking they were different books due to the cover art being different as well as the spelling of Caesarean / Cesarean. Bought this for my spouse when we found out she would be having a caesarean section. She really liked the information about mobility after the surgery and tips for proper breastfeeding after surgery. I would recommend for anyone who is looking for good information on what to expect in the days and weeks after a caesarean section.

Great full-color guide. I really like how it's ALL about recovery, which is what I need a lot more than surgery prep. I wish they had a more updated edition--the photos are totally 90s!

It had good exercises to do safely after my c-section and gave me advice and tips to do following the birth of my son. I would recommend this book.

[Download to continue reading...](#)

Cesarean Recovery Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Celebrate Recovery Updated Leader's Guide: A Recovery Program Based on Eight Principles from the Beatitudes BACKUP & RECOVERY SPECIALIST, DATA BACKUP & DISASTER RECOVERY ENGINEER: FORMULAS, PRINCIPLES & REFERENCES: JUST IN TIME REVISION GUIDE FOR SUCCESS AT ANY BACKUP ADMINISTRATOR JOB INTERVIEW Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Taking Charge of Your Stroke Recovery: A Personal Recovery Workbook Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Diet Recovery 2: Restoring Mind and

Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food (Diet Recovery Series)
Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery from Addiction and Substance Abuse Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Manual of Fast Track Recovery for Colorectal Surgery (Enhanced Recovery) Pro Data Backup and Recovery (Expert's Voice in Data Management) Marijuana: Understanding Drugs and Drug Addiction (Treatment to Recovery and Real Accounts of Ex-Addicts / Volume V Marijuana Edition Book 5) Oracle Database 12c Oracle RMAN Backup and Recovery Addicted to Busy: Recovery for the Rushed Soul A Passage Through Grief: A Recovery Guide Windows Data Recovery Techniques (Computer Repair Professionals) Gold and Silver From The World Trade Center Vol. 1 (PCGS Certifies The Coins WTC Ground Zero Recovery)

[Dmca](#)