



TWIN MOM C-SECTION RECOVERY PLAN

Heal. Rest. Recover.

PAGE 2 OF 2



7 RECOVERY ESSENTIALS

- ☐ Abdominal support binder
- ☐ High-waisted underwear
- ☐ Loose pajamas
- ☐ Stool softener
- ☐ Water bottle
- ☐ Healthy snacks
- ☐ Nursing pillow
- ☐ Phone charger
- ☐ Medication tracker
- ☐ Ice packs
- ☐ Twin feeding station stocked
- ☐ Burp cloth basket ready
- ☐ Snacks at bedside
- ☐ Extra water bottle at feeding area
- ☐ Step stool if bed is high
- ☐ Help with laundry
- ☐ Help with groceries



8 QUESTIONS FOR MY PROVIDER



Need ideas? Here are some examples:

- Is my incision healing normally?
- When can I drive again?
- When can I lift both babies?
- When can I exercise?
- What signs of infection should I watch for?
- What pain level is normal?
- How long should I rest before increasing activity?
- Is it safe to travel?
- Are my medications still necessary?



Other questions I want to ask:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



9 RED FLAGS



Contact your healthcare provider if you experience:

- ☐ Fever (100.4°F / 38°C or higher)
- ☐ Incision redness
- ☐ Incision drainage or pus
- ☐ Opening of incision
- ☐ Severe pain not relieved by medication
- ☐ Heavy bleeding (soaking a pad in 1 hour or less)
- ☐ Shortness of breath
- ☐ Leg swelling, pain, or redness
- ☐ Persistent sadness or hopelessness
- ☐ **Thoughts of harming yourself or your babies**



EMERGENCY CONTACTS:



10 NOTES & THOUGHTS

Use this space for reminders, brain dumps, questions, things to research, or anything on your mind.



THINGS I REMIND MYSELF

- ☐ Surgery is a major recovery
- ☐ Healing takes time
- ☐ My recovery matters too
- ☐ Rest is productive
- ☐ Accepting help is strength
- ☐ One day at a time



TWIN MOM CLUB TIP

You are recovering from major surgery while caring for two babies. Give yourself permission to heal slowly, rest often, and accept help whenever it is offered.



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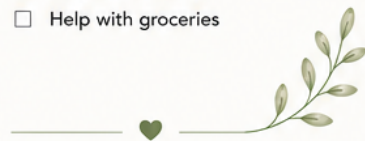
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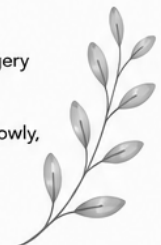
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