



- It is recommended to wait 4-6 weeks after caesarean section before you drive
- Check with your insurance company to make sure you are covered to start driving again.
- Take someone with you on first journey to ensure you are comfortable
- Practice doing an emergency stop in a stationary car and make sure you can comfortably look over your shoulder both ways and twist putting your seat belt on



- When you leave the hospital you may be tender over your incision. It is recommended to have a small towel or extra fabric between your seatbelt and incision. This will protect it from friction of your seatbelt. Be sure the fabric you use is thin so that the seatbelt is still effective in an emergency.

- Watch this video on getting in and out of a car. While the women in the video are pregnant these principles still apply following a caesarean section: [Getting in/out of a car](#)