

# Safety Tips For Driving After Cesarean Delivery



Begin driving only  
after taking  
your doctor's approval.

Adjust your seat to a  
comfortable and safe  
distance to avoid discomfort  
in your incisional region.



It is ideal to have a  
companion while driving  
for the first time after delivery.

Plan your trip  
considering the availability  
of any medical aid if needed.



Consider investing in a  
seat belt cover to prevent  
any rubbing from the seat belt.

Ensure to follow the  
correct posture and avoid  
multitasking when driving.

