



What to expect:

CESAREAN SECTION

WHAT HAPPENS?



1. You will be asked to put on a hospital gown and positioned on an operating table
2. A urinary catheter will be inserted and an intravenous line will be started in your arm or hand
3. The surgical site on the lower abdomen will be cleaned with surgical prep and surgical drapes will be placed over the abdomen and chest
4. The anesthesiologist will monitor all your vital signs throughout the duration of the operation
5. Either spinal anesthesia or epidural are the most common anesthetic for a C-section. In these situations you will be awake and your partner can be with you for the surgery. In occasional situations where neither spinal or epidural is effective, a general anesthetic may be required. If a general anesthetic (you are put to sleep) is required your partner will not be permitted in the operating room.
6. Once the anesthetic has taken full effect the surgeon will make a bikini type incision above the pubic bone
7. Following the initial incision, further incisions to gain access to the uterus will be performed, and a final incision into the uterus will allow delivery of the baby
8. You may feel a pressure or pulling sensation at the time your baby is being delivered through the incision
9. The umbilical cord is then cut and the baby and placed on the infant warmer to be assessed
10. The placenta will then be delivered and medication will be given through your IV to help the uterus contract to stop any bleeding
11. The incisions made in the uterus and lower abdomen will be closed using self dissolving sutures.
12. The skin incisions may be closed with either staples or subcutaneous sutures
13. A sterile bandage will then be applied.
14. You will then be taken to a recovery room with your baby



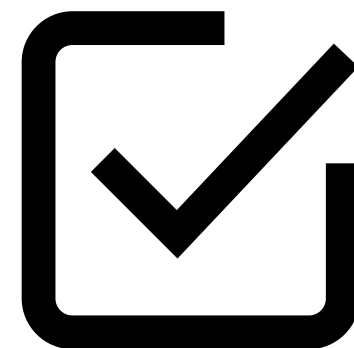
WHY ITS DONE?

The procedure may be scheduled if there are medical indications or it may be done because of concerns during the labor process for either the baby and/or the mother.



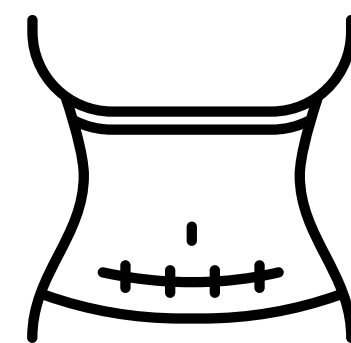
HOW DO I GET READY?

If this is a scheduled C-section please read through the provided information and consent forms. Advise your physician about any relevant medical or surgical history. Follow the pre-surgical instructions provided by your physician. If a C-section is required during labor your physicians and nurses will guide you through the process at that time



WHAT IS IT?

A Cesarean section, C-section, or Cesarean birth is the surgical delivery of a baby through a cut (incision) made in the mother's abdomen and uterus.



WHAT ARE THE RISKS?

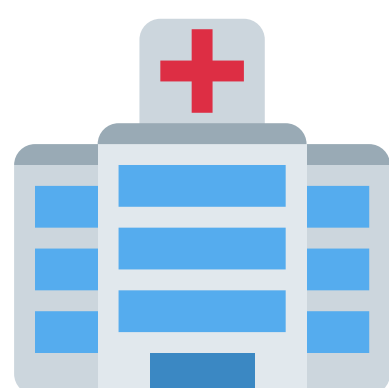
Majority of C-sections have relatively few complications, however some uncommon complications of a C-section may include:

Reactions to medications used during surgery, bleeding, injury to the bladder or bowel, wound infection, trouble urinating or urinary tract infection, delayed return of bowel function, and post operative pain.



WHAT HAPPENS AFTER? (IN HOSPITAL)

During your hospital stay your healthcare providers will continue to monitor you and the baby. There may be some incisional and gas pains from the surgery which can be alleviated with medication.



WHAT HAPPENS AFTER? (AT HOME)

Following discharge from the hospital you will be given a post operative instruction sheet. It will advise you to avoid any strenuous activity as well any concerning symptoms to watch for. A follow-up appointment will be made with your OBGYN between 2-6 weeks after your C-section. If have any post operative concerns before your appointment you should contact your surgeon as soon as possible.