

my birth

c-section

Your care team might recommend a C-section when they believe that surgery is safer than attempting a vaginal birth.

Why would a C-section be pre-planned?

- In the case of a previous C-section or surgery in which the uterus was cut open. A vaginal delivery is possible after C-section in some cases, but not all.
- Your baby is bottom first or feet first.
- Your baby is estimated to be large.
- An active infection, such as genital herpes, that could be transmitted to the baby during vaginal delivery.
- The placenta is covering the cervix.

Why would a C-section be required?

- Labor is not progressing normally. This can be because contractions are too weak, the baby is big, pelvic bones are small, or the baby is in an abnormal position.
- Your baby's heart rate is dropping or irregular.
- Heavy vaginal bleeding.
- A medical emergency, such as an infection or extremely high blood pressure, threatens you or your baby.



Are C-sections safe?

Both a vaginal birth and C-section are very safe. However, there is some safety information that you need to know.

Things to think about with C-sections:

- Compared to vaginal delivery, the risk that you will get an infection or have injury to the organs in your pelvis is higher.
- You may also have more blood loss.
- Recovery takes longer than vaginal delivery.
- Rarely, the placenta will attach to the uterus abnormally in future pregnancies.
- Your uterus will be weaker, making it slightly more likely that your uterus will tear in future pregnancy. This risk is small and depends on the type of C-section you have.

Risks of C-section to baby:

- Temporary breathing problems might happen after C-section because the baby is not squeezed through the birth canal, which helps get rid of fluid in the baby's lungs.
- Very rarely, your baby might have birth trauma, meaning your baby is harmed during the C-section. This risk is low and exists with vaginal birth too.

It's your choice

While your care team can help you decide if a vaginal birth or C-section is safer for you and your baby, it is ultimately your decision.

Source: <https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655>