

## Cesarian Section birth

1. Cesarean section birth is delivery of baby by transverse cut over the lower abdomen & transverse cut in lower part of uterus.
2. Cesarean section is required in, abnormal presentation as breech transverse, disproportion between size of baby & pelvic bone of mother, Fetal distress, previous one or more caesareans, twin or multiple pregnancy with non-favouring positions, excessive bleeding with or without labour pain because low placental position, Severe PIH/Eclampsia, non-progressive labour, associated medical conditions as gestational diabetes etc. There are many other indications to perform caesarean section.
3. Many patients may opt for caesarean delivery by choice patients is counselled in this case.
4. Anaesthesia for caesarean operation can be spinal, epidural (if patient opted for painless labour) or general anaesthesia.
5. Operation is done by low transverse abdominal incision to open abdomen. Than uterus is cut transversely to open uterine cavity, bag of water is opened, baby is delivered by inserting hand in uterus. By cutting umbilical cord the baby is detached. Baby is handed over to paediatrician for necessary resuscitation. Placenta with membranes is removed. Uterus & abdomen is sutured back to normal.
6. You should be able to feed the baby after operation by assistance. But within few hrs. after caesarean you should be independently handling baby.
7. Intravenous fluid is given for about 4 hrs. following surgery, sometimes it is given for extended hours. You may or may not be given prophylactic antibiotics after surgery.
8. After about 4 hrs. as per doctor's recommendations patient starts drinking water & taking light diet.
9. You are usually mobile and walk to toilet by 2-4 hrs. after operation. There is no restriction to routine mobility after operation. In fact it is advisable to move leg and be mobile as early as possible after surgery as soon as sensation in the legs is felt especially after spinal anaesthesia to prevent deep vein thrombosis.
10. You may or may not be catheterized following surgery.
11. In modern times the operation has become safer. There can be complications following caesarean section as with any other surgery. Generally the associated medical problems or unidentified problems, previous surgeries may pose increased risk of intraoperative & post-operative complications.
12. Abdominal pain discomfort, bloating usually subsides within couple of days. Pain relief medications are given to you.
13. You are expected to have vaginal bleeding & discharge following delivery as usual as you have after normal delivery.