

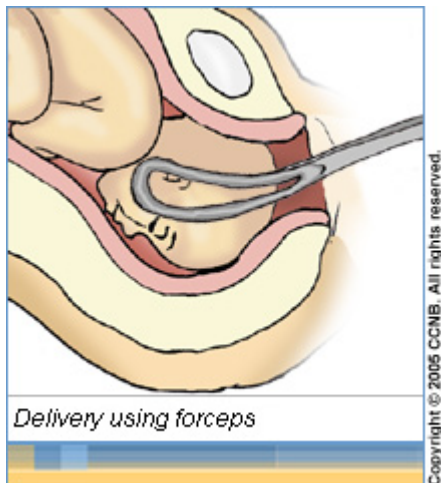
e. Forceps and Vacuum Extraction

MODULE 7

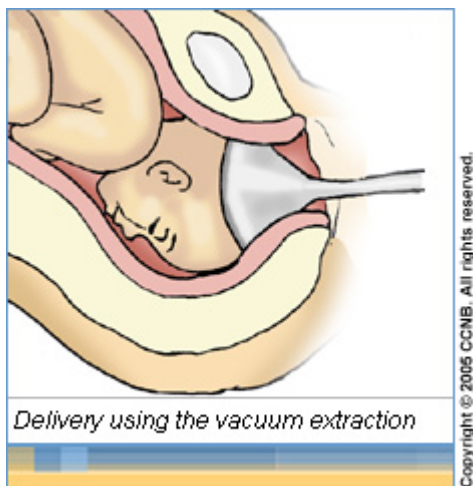
Certain women may need help to get the baby out quickly, for example, if the baby's heartbeat slows down or becomes irregular, or if the baby is in a position that makes birth difficult, or if you are just too tired to push anymore.

When this happens, your health care provider will give you a [local anesthesia](#), do an episiotomy, and use the forceps or vacuum extraction.

Forceps are shaped like spoons and are placed on either side of the baby's head to gently ease the baby out.



The **vacuum extraction** method is when a soft plastic cap is placed on the baby's head and gentle suction eases the baby out.



Both the forceps and the vacuum extraction leave marks on the baby's head. These marks are not serious and soon disappear.