

f. Cesarean Birth

MODULE 7

A cesarean section, which is an operation, is performed when giving birth through the vagina is not safe for the baby. Even though you may be planning for a vaginal birth, it's a good idea to learn about cesareans in case your baby needs to be born this way.

A cesarean birth may be planned ahead of time or decided upon during delivery because of unexpected difficulties.

Here are the most common reasons for having a cesarean birth:

MOST COMMON REASONS FOR HAVING A CESAREAN	
Reason	Explication
Labour is not progressing normally	Even though the contractions are strong and regular, the cervix has not dilated for several hours, or the baby is not positioned in order to come out.
The baby's heart rate	Changes in the heart rate show that the baby is having difficulties or becoming tired.
The placenta	The placenta is bleeding or coming away from the wall of the uterus.
The baby's position	The baby is in a position that makes vaginal birth difficult as in a breech birth.
Mother has health problems	The mother has a health problem like diabetes, high blood pressure, heart disease, or active herpes.

If you do need a cesarean birth, it is important that both you and your partner are involved in the decision. Needing a cesarean birth does not mean that you have failed in any way. The overall goal is to have a healthy mother and a healthy baby. Sometimes the cesarean birth is the only way to achieve this goal.

Depending on the hospital and the reason a cesarean birth is performed, you may need an [epidural anesthesia](#)¹, a [spinal anesthesia](#)² or [general anesthesia](#)³. In certain cases, your partner may stay with you while in other cases, he will be asked to leave the operating room.

The following images will help you visualize how a cesarean birth is performed.



After a cesarean birth, the baby will get special attention from the doctors and nurses. The baby will be wrapped in a warm blanket and given to you and your partner to hold.

Most mothers find that it takes them longer to recover from a cesarean birth than from a vaginal birth. This is because after a surgery, recovery takes more time.

1. After the skin has been numbed with a needle, a needle containing an anesthetic is injected between the vertebrae and maintained in

place with a plaster. At regular intervals, small doses of anesthetics are injected. The anesthetic react as rapidly as at the dentist. In less than 10 minutes, the pain disappears. For certain women, the pain does not completely go away but is greatly alleviated.

2.A [spinal anesthesia](#) is given with a very small needle inserted in your lower back between two vertebrae. The main difference with an epidural is that the liquid is inserted directly in the spinal column, that the reaction is almost immediate, and that the necessary dose is very small. The medication for the [spinal anesthesia](#) is usually injected only once. Occasionally headaches may occur after a [spinal anesthesia](#) . If these headaches persist, they can be treated effectively.

3.A [general anesthesia](#) is used when a spinal or [epidural anesthesia](#) is not possible or is not suitable due to medical reasons. It can be performed rapidly and causes a complete loss of consciousness. This procedure is frequently used when an emergency cesarean is required. The [general anesthesia](#) is very safe for your baby.