

CESAREAN SECTION

What Is A Cesarean Section?

- It is a surgical procedure used to deliver an infant.
- Usually a horizontal incision is made on the lower abdomen right above the public line.
- A second incision is made on the uterus.

Planning For A Cesarean Delivery

- Do not eat or drink anything for 8 hours prior to your scheduled procedure.
- Please call before leaving home to check for any unexpected delays.
- Arrive at Southview Hospital 2 hours prior to your Cesarean Section.
- Upon admission to Southview Labor & Delivery, a nurse will place an IV for the administration of fluids and medication.
- Prior to the procedure a resident, anesthesia personnel, and your physician will talk with you to answer questions and prepare you for your surgery.
- Anesthesia may administer medications prior to the procedure to decrease the acidity of the stomach and secretions in the mouth and nose.
- The nurse will apply TED hose (tight knee socks to prevent blood clots), shave the area on the abdomen where the incision will be made, and insert a foley catheter to drain your bladder.
- If you wish to shave yourself, please do not do it the day before or day of your surgery. This increases your chance of infection.
- You will be allowed 1-2 support people to accompany you during your birth as long as you do not have to have general anesthesia (be put to sleep for the procedure).

Anesthesia

- The most common type of anesthesia used is regional anesthesia through a spinal.

- With spinal anesthesia you will be numb from the breast down. You will not feel pain during the procedure, but you will feel pressure.
- If anesthesia is unable to successfully insert the spinal, you will need general anesthesia. This means you will be asleep during the procedure.

Post-Procedure Care

- After the procedure you will be cared for in the recovery room for a couple of hours.
- It is common to experience itching, nausea, vomiting, and pain after your procedure. There will be medications ordered for these things.
- As soon as you and your baby are stable your baby will join you in the recovery room.
- Your preferred pediatrician will examine your baby within 24 hours of delivery.
- Your catheter will remain in for 8 hours and your IV will in for 24 hours.
- The spinal anesthesia usually takes a good 2-3 hours to wear off. During this time you will be unable to get out of bed.
- For the first day you will only be able to have a liquid diet (water, juice, jello, popsicles, milk, ice cream, creamy soups, etc.). The second day you will be advanced to a soft diet.
- You will be able to home within 48-72 hours.

Rare Risks

- Injury to bladder, bowel, and blood vessels
- Infections (wound, uterine, or urinary tract)
- Blood clots
- Risk of uterine rupture with future pregnancies