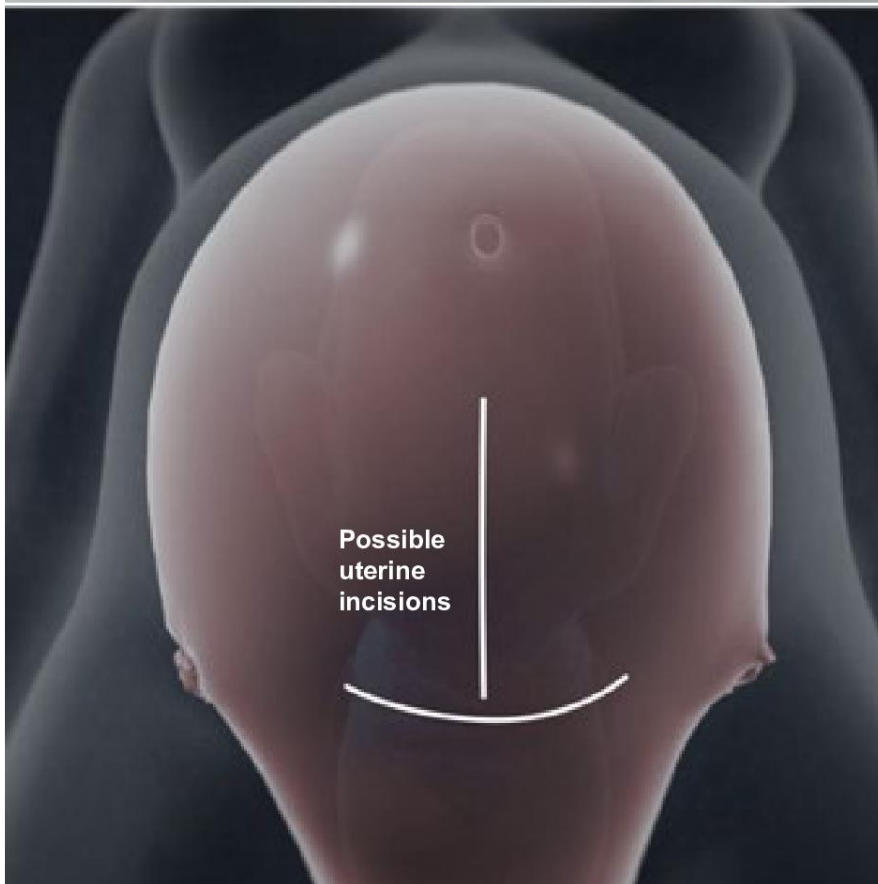
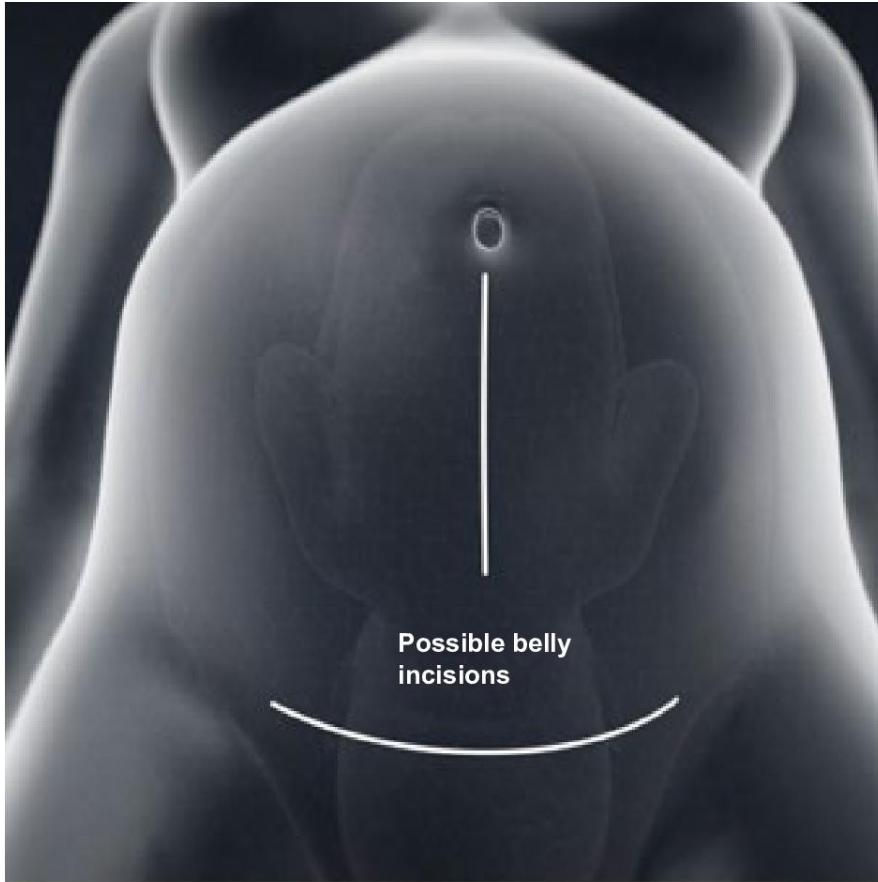




Cesarean Section (C-Section)



Overview

This is the delivery of a baby through an incision in your belly. Some c-sections are planned ahead of time. Some are done because of an emergency.

Why it's done

Why would you need a c-section? Well, you may need one if a vaginal delivery is not safe for you or your baby. Maybe your baby is very large. Maybe your baby is positioned poorly in your womb. Your doctor may suggest a c-section if you're giving birth to multiples. And, you may need one if there are complications during labor.

Types of incisions

During a typical c-section, the surgeon makes a horizontal incision near your bikini line. We call this a "bikini" incision. Or, your incision may span from your belly button to your pubic bone. We call this an "up and down" incision. Next, the surgeon makes an incision in your uterus. Then, your baby is taken out.

Recovery

After your c-section, you may need to stay in the hospital for a few days. When you go home, you'll need to rest and avoid lifting heavy things. Follow your doctor's plan for a safe recovery.