Cesarean (C-Section)

Cesarean is a type of surgery done to deliver your baby through your belly. It should only be done when there is a health problem or emergency with mom or her baby.*

**RISKS**
- Longer hospital stay and recovery time
- More pain after surgery
- Wound infection after surgery
- Bleeding requiring blood transfusion
- Injury to internal organs
- Higher risk of blood clots
- Accidental surgical cut to baby
- Baby may separate from you for care
- Breathing problems for baby
- Higher risk of problems in future pregnancies

**BENEFITS**
- Delivery day can be planned
- Safer delivery of large baby (10-11 lbs)
- Safer delivery of baby in breech position

* Discuss plans for your labor and delivery with your doctor early in your pregnancy.
VAGINAL BIRTH

Is a method of delivery of your baby through your vagina.*

**BENEFITS**

- Shorter hospital stay and recovery time
- Less pain after birth
- Less risk of infections and scarring
- Earlier breastfeeding and bonding
- Fewer breathing problems for baby
- Avoids major surgery
- Less blood loss
- Avoid effects of being put to sleep/epidural

**RISKS**

- Unpredictable time in labor
- Risk of vaginal/rectal tears
- Injury to baby that is very large or breech

* Discuss plans for your labor and delivery with your doctor early in your pregnancy.