

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

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