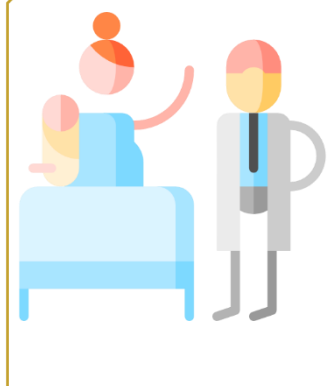




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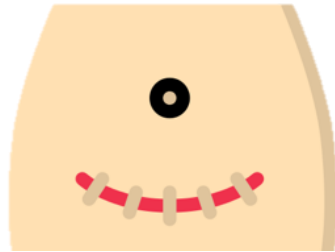
مستشفى الملك فهد الجامعي
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Cesarean Delivery



What is a cesarean delivery?

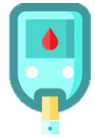
Caesarean delivery: is a surgical procedure to deliver a fetus by making an incision in the abdominal wall and uterus



What are the cases that require a Caesarean delivery?

1. Cases related to you:

- If you have had previous uterine operations, such as a cesarean delivery or an operation to repair a ruptured uterus
- Chronic diseases such as diabetes or high blood pressure
- Cervical cancer or blockage of the birth canal with benign uterine fibers or ovarian tumors.
- If you cannot push the baby to complete the delivery.



What are the cases that require a Caesarean delivery?

2. Fetal-related conditions:

- Birth defects that hinder normal delivery.



- Fetal pulse disturbances.



- If the umbilical cord is advanced before the baby.



- If the fetal weight is high.



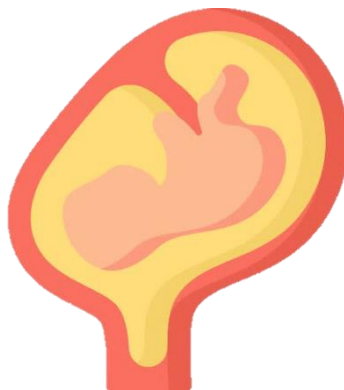
- If the child is in abnormal position, such as being in a horizontal position, shoulder or foot down.



What are the cases that require a Caesarean delivery?

3. Cases related to the placenta:

- Early separation of the placenta, resulting in bleeding that fills the gap between the placenta and the uterus, which results in preventing blood from reaching your fetus.
- The **placenta** is in abnormal position leading to a blockage of the cervix called advanced placenta.



What are the expected steps before a cesarean delivery?

1. You will be asked to sign permission before doing a cesarean operation.



2. Lab tests of blood and urine will be performed.



3. Your anesthesiologist will discuss with you and tell you what type of anesthesia you will receive.



4. A needle for the nutrient solution will be placed in one of your hands or arms.

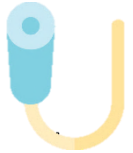


5. Hair will be cleaned and removed at the surgery site in your abdomen and in the delivery canal.



What are the expected steps before a cesarean delivery?

1. You will have a **catheter** in the urethra to empty the bladder and prevent its swelling.



2. Remove your jewelry, contact lenses, dentures, and hearing aids if you are wearing any.



3. Stop eating and drinking for 10 hours before the procedure, and a sign board will be placed at your bed (nothing in the mouth).



4. Finally, you should take a shower and wear a hospital gown.



What are the procedures during the operation?

1. You will be transferred to the operating table, and a mask will be placed over your face in order to relax and be anesthetized.



2. The obstetrician will open your abdomen and uterine wall.



3. Then the doctor will take out your child and then it will be cleaned and the liquid is suctioned from his nose to be transferred to the incubator.



4. The process takes about an hour, sometimes it takes less or more.



What are the procedures after the operation?

1. After the operation is completed, you will be transferred to the recovery room where you regain consciousness, and you will be asked to cough, breathe deeply and move your legs.



2. You will then be taken to your room where the nurse will take your vital signs and examine you.



3. After about eight hours of giving birth, you should try to sit for a while, and then try to stand and walk a few steps to stimulate blood circulation.



What are the procedures after the operation?

4. The nutrient solution will not be removed until you start gradually drinking liquids, then soft and then solid food.



5. You should avoid soft and iced drinks during the operation days.



6. You should take iron pills in quantity and for the duration prescribed by your doctor to make up for what was lost during the surgery.





Important points!

- You can breastfeed your baby like any other mother who gave normal delivery.



- Take plenty of fluids and fiber to avoid constipation.



- You can discharge home 5-7 days after the operation.



- You should rest as much as possible, especially in the early days.



- Avoid lifting heavy objects to avoid a hernia in the operation wound.





Important points!

- practice some simple exercises that do not cause tension of the abdominal muscles.



- Completely stop practicing aerobic exercise (such as running and cycling) until 3-4 months after birth.



- You may feel a little itchy, but this is normal because the wound takes a while to heal.



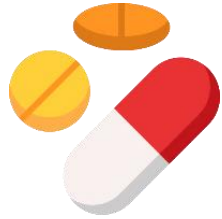
- If you notice changes in the wound such as redness, pus exit, pain, or rise in body temperature, you should see your doctor immediately.





Important points!

- It is preferable to use **contraceptives** for at least six months to a year but consult your doctor about the type of contraception that is appropriate for you.





Remember!

- **Walking** is one of the best exercises, and it will help you recover quickly.



- Your delivery by **caesarean section** does not mean that all your next births will be cesarean section unless there are other health reasons such as pelvic tightness.



- You can have children again after recovering within a year of giving birth.



Sources and References:

All pictures used from Flaticon.com

Review and audit:

The content of this booklet has been reviewed by
Obstetrics and Gynecology Consultants at King Fahad
University Hospital.

Health Awareness Unit

Obstetrics and Gynecology Department

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