

What is a Gentle Cesarean?

Removing a child via the abdomen is not a modern medical practice, however, our current model is a product of conventional thought. The following are five ways to improve your cesarean experience.



ANESTHESIA

Request the least amount of sedation, their intention is for you to experience the least amount of pain however, it does affect the recovery afterwards. Also it will be used as an excuse to separate you from the baby after birth.



RESTRAINTS

Generally the arms of the birthing person are restrained to once again to reduce the risk of any unwarranted intervention. Requesting no restraints offers you the chance to be more present and also be active for skin-to-skin.



EKG

Ask that the leads are placed in consideration for you to observe the GOLDEN HOUR. This is the initial hour of birth, where present family and baby are left moderately undisturbed. There are many benefits including regulating baby's body temperature and a healthy start towards successful lactation.



ENVIRONMENT

Ask the attending RN if there are any options, whether music or to have them narrate during surgery. Know what promotes a positive soothing environment for yourself, so you can request what would best benefit you.



DELAYED CORD CLAMPING

If even for an additional 30 seconds the benefits are tremendous. Requesting delayed cord clamping is another way to allow your child to have a easier transition outside of the womb.

BONUS
CLEAR DRAPE

Sometimes facilities have drapes that are clear. Request one or that the drape be lowered when your child is making their arrival.



VITAL
FAMILY SERVICES