
A Planned C-Section

Preparing for a Planned C-Section

What can you do, to help you to be your best self for surgery:

- Nutrition is key
- Drink plenty of water
- Keep fit - walking x30mins a day / 5 days a week
- Pregnancy Yoga / Pilates- to buildcore strength
- Ensure you get enough sleep
- Ensure iron levels are within normal range

Important: Ensure all of your questions are answered-its important that you are both physically and mentally prepared!!!



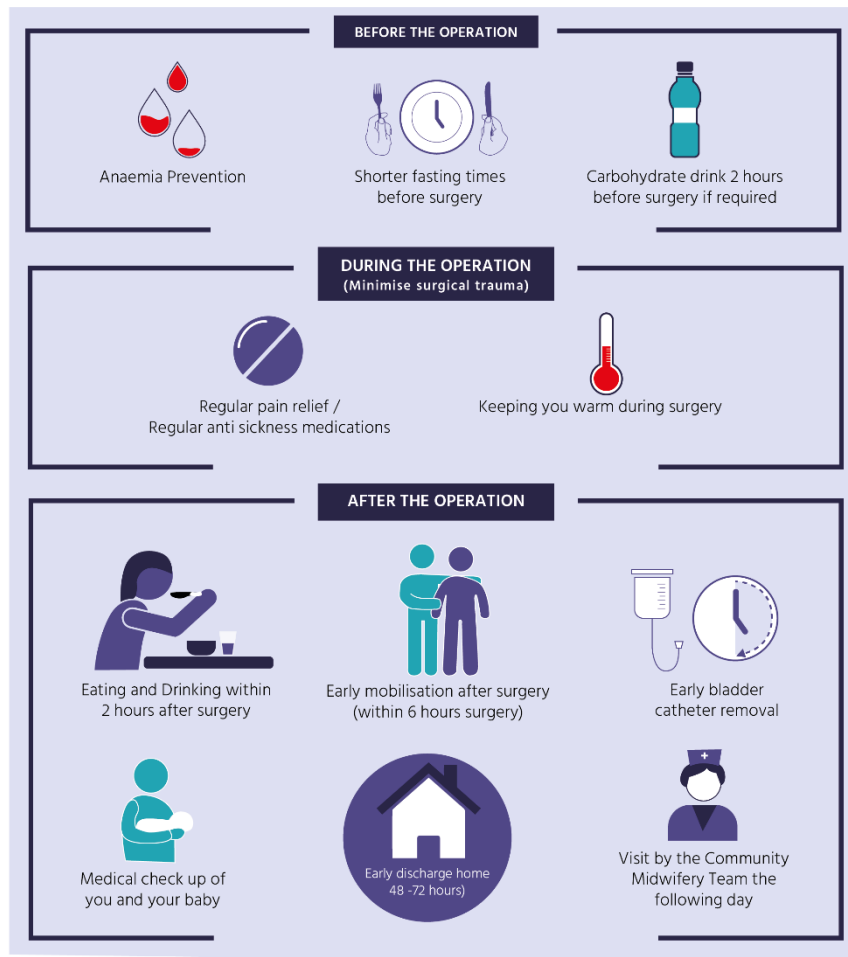
ERAS Programme

Criteria:

- Having a Planned C-Section
- Obstetrician feels you are a suitable candidate
- If interested check out <https://rotunda.ie/eras/>

ENHANCED RECOVERY AFTER CAESAREAN SECTION

Enhanced recovery is a modern, evidence-based approach that helps people to recover from surgery more quickly. It aims to optimise your experience and facilitate your recovery after surgery, so that you return to your normal level of function as soon as possible, allowing you to be independent sooner.



*Please note: Not all patients will be eligible to participate in this programme. If you do meet the criteria, a member of our team will contact you. For further information, please log on to rotunda.ie/ERAS, or, e-mail ERAS@rotunda.ie.

Your Hospital Bag

Your hospital bag

Pre Surgery Bag

- Slippers
- Dressing gown
- Clothes for Baby (nappy, babygrow, vest, hat)
- Phone Charger (long length)
- Books/Magazines
- Hair bobbin
- Hair brush
- Toothbrush/Toothpaste



Hospital Stay Bag

- 3-4 Night dresses
- 6 pairs of underwear
- Maternity pads
- 2 Breastfeeding bras
- Breast pads
- Toiletries
- Hairdryer
- 6-8 babygrows
- 6-8 vests
- 20 nappies
- Cotton pads or Water Wipes (for nappy changing)



The Admission Procedure

The Admission Procedure

- Check in at hospital reception
- You will be shown to your hospital ward/room/bed
- Vital Signs Checked
- Blood Test & IV Line
- Abdominal Palpation (to check babies position)
- Check your babys Heartrate
- Hospital Gown and Support Stockings



What to expect on the day..

- You will be asked to fast (from either 12midnight or 6am-depending on the expected time of surgery)
- You will meet Obstetricians, Anesthetists, Pediatricians, Nurses and Midwives as you move through different departments. Team members will introduce themselves throughout the day.
- Sometimes there can be a long wait, so bring magazines/books activities (nothing valuable)
- A spinal anesthetic will be performed just before your C-Section... we will run through this on next slide

Pro Tip: Partners can get hungry (H-Angry) waiting around-encourage partners to bring a packed lunch just incase! (or pop down to the hospital shop)



Spinal Anaesthetic

What is a Spinal anaesthetic?

A Spinal Anaesthetic will allow you to have a caesarean birth while you are awake without feeling pain (whereas under a general anaesthetic you would be asleep).

A Spinal Anaesthetic is given as one single injection to your lower back

The anaesthetic blocks pain messages in the nerves. You will be numb from the top of your 'bump' down to 'your toes' and you will not be able to move your legs.

A Spinal anaesthetic is the most common method of anaesthesia for a C-Section.



Role of the Birthing Partner

Role of the birthing partner

- Be great company while waiting to go to OT-follow Mums lead... she may be anxious and want quiet time/she may be bored and want to be entertained LOL!!!
- Manage the admin-reply to texts etc (or just turn the phone off!)
- Reassurance, comfort and encouragement-this is new territory for you both!
- Advocate-remember that birth preference list!
- Always offer a hand to squeeze!
- Don't forget to take photos – making memories!
- Skin to skin all round!
- Support with feeding positions, nappy changes, burping/winding baby after feeds etc.



C-Section-The Procedure

Start Here →

Arrive in OT
(Check in questions)

Spinal Anesthetic /
Urinary Catheter/
Blue drapes

Transfer to
Postnatal Ward

Transfer to
recovery and more
skin to skin and
breastfeeding

Partner will join
you in OT, and
Anaesthetist will
check you are
comfortable

Placenta will be
delivered and
abdominal wound
will be
closed/pressure
dressing applied

Obstetrician will
make incision to
lower abdomen
and baby will be
born

Baby will need
Newborn Check,
Vitamin K, Weight,
Name tags,
Security tags, and
most importantly
skin to skin



Postnatal Hospital Stay



Postnatal Hospital Stay

- After 2hrs: Tea and Toast, go for a gentle walk
- After 6hrs: Bladder Catheter will be removed
- After 48hrs: You can home once all is well with you and baby
- ** Getting in and out of bed safely
- ** Importance of pain relief



***Note: Research shows that everything will be easier if you TAKE the pain relief!
Regular pain relief (every 4-6hrs is recommended)***

Breastfeeding after a C-Section

Breastfeeding after a C-Section

- Yes-you can absolutely Breastfeed after a C-Section
- Don't worry-We will only offer you breastfeeding friendly pain medications
- Don't be shy about asking for help/support from the midwives, student midwives and maternity care assistants
- Three great BF positions post C-Section:
 - Laid Back Feeding
 - Side Lying
 - Football Hold



Role of The Partner: Postnatal Ward

Role of The Partner-Postnatal Ward

- Bring snacks
- Fill up water bottle
- Skin to skin while baby is not feeding
- Change nappies
- Burp/wind baby after feeds
- Bring home soiled baby clothes (and wash these to avoid a back log of washing)
- Offer to reply to texts/social media while Mum is sleeping

Going home after a C- Section

Going Home after a C-Section

- Mum and Baby-Feeding assessment
- Mum-Wound check
- Baby-Metabolic screen
- Mum-Review by Obstetrician
- Baby-Review by Pediatrician
- Baby-Weight Check

Recovery after a C-Section

- Rest up
- Eat well
- Don't lift anything heavier than your baby for first 6 weeks
- Pain relief
- Lochia-what is normal
- Pelvic floor exercises
- Abdominal exercises

Example Birth Preference List - ERCS

In Theatre

- Partner present in OT
- Play your own music
- Deep breaths to stay relaxed
- Ensure all questions are answered

Your Caesarean Section

- Partner present
- Play your own music
- Deep breaths
- Hold Hands
- See baby straight away (lower drapes)
- Delayed Cord Clamping (1minute)

The Birth

- Skin to Skin
- Feeding Choice
- Music

After Baby is Born

- Plan for placenta (take home or leave in hospital)
- Vitamin K-Baby
- Newborn Exam (with midwife)
- Skin to skin with partner
- Who will dress baby
- Partner present in Recovery (if a

Useful Numbers

Pregnancy Queries: 01-817 1700 (ask for ER)

Questions for Parent Ed: parent@rotunda.ie (no emergencies)

Queries regarding Class 1-6 Bookings:
physiotherapy@rotunda.ie

Queries or to book into Hypnobirthing Classes, BF workshop, Emotional wellbeing:
apptscheduling@rotunda.ie



Any questions?