

## - Childbirth

**DO NOT FEAR THE C-SEC CUT**

And while there has been a lot of April is Caesarean Awareness Month, advancement in surgical techniques, the fear still remains

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The constant pushing and pain of birthing a child via normal delivery is almost always considered the ‘true’ birth experience. While gynaecologists advise on having a natural delivery when possible, in case of a complication, opting for a caesarean delivery is a wise choice. As we observe Caesarean Awareness Month in April, doctors bust myths and erase fears regarding the delivery.



Dr Sonal Kumta, senior consultant, obstetrics and gynecology, Fortis Hospital, Mumbai, says, “There are many reasons why a natural birth cannot happen, like complications with the mother, a large baby, cephalopelvic disproportion, two or more caesarean births in the past, placenta previa, abnormal position of the baby or highrisk pregnancy.”

There must be open and judgementfree communication with the doctor. Ashwini Sijin, 25, from Kerala had to opt for an emergency c-section as she was bleeding internally and the baby was at risk. While she was concerned at first, her doctor put all her fears to rest. “From the second day after my delivery, I began walking without any support. By the fifth day, I was discharged, and by day six, I was back to normal. Looking at me, people were not even able to believe I had a c-section,” says Sijin.

With the advent of newer antibiotics, better surgical and safe anesthesia techniques, caesarean delivery is a safe surgery. Dr Yashica Gudesar, consultant obstetrician and

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gynecologist, HCMCT Manipal Hospital, Delhi, says, “But, in certain rare cases, there is a risk of injury to other surrounding organs like the bladder or bowels. But the risk of excessive bleeding is there in both types of births and it is difficult to highlight risk factors exclusively for caesarean deliveries.”

Sunita Bakhru, 57, from Mumbai, had her c-section when the procedure was not as common. She, too, had wanted to go the natural route. “In my opinion, the recovery time is the same as that of a natural birth. People in those days used to say that if you haven’t had a normal delivery, and if you don’t go through that pain during delivery, you are not a real mother. With a caesarean birth, there is as much pain as in a natural birth — with the cut, the stitches and all the care one has to take after the operation,” she shares.

Ghazal, a media professional from Mumbai, has experienced both kinds of deliveries. “While I’d heard that the latter is less painful, I realised how excruciating the pain was as soon as the effect of the anesthesia subsided. The pain I felt at the time of the normal delivery seemed way lesser, somehow. But despite the pain, I feel having a csection was like a source of oxytocin for me. Seeing your baby come out of you and kissing him immediately felt magical. The pain I felt later was nothing compared to the joy of that moment,” she shares.

The important thing with any pregnancy is to follow a healthy routine with regular exercise, nutritious food, regular antenatal check-ups and preconception counselling. Both Kumta and Gudesar agree that a woman can resume her routine activities after eight days and start exercising after 6-8 weeks following her delivery. “Women should be confident and try to go back to routine as early as possible,” advises Kumta.