

If you know someone who is pregnant or has recently given birth

HAVE YOU ASKED:

HOW'S MOM?

C-SECTION RECOVERY

Learning and talking about C-Section recovery can help improve our community response and support for families juggling a newborn and post-surgery recovery, allowing time for a mom to heal.



What is a C- Section?

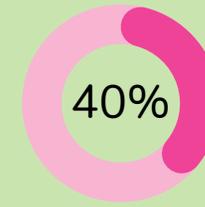
A C-Section, short for Cesarean Delivery, is when a baby is born through surgery. Doctors make a cut in the mother's belly and uterus to bring out the baby. Then they sew up the cut with stitches that dissolve on their own.

What is a medically unnecessary procedure?

Medically unnecessary procedures refer to healthcare services and items that are not deemed "reasonable and necessary" for diagnosing or treating an illness or injury.

Why does it matter?

While a C-Section can be an essential and lifesaving surgery, it can put mothers and babies at unnecessary risk of short and long-term health problems if performed when there is no medical need.



of births in
**Broward County
were C-Sections
in 2023**

Who should pay close attention before and after a C-Section ?

- First time moms
- Experienced moms
- Moms with chronic conditions such as diabetes, hypertension, and behavioral health conditions **(post-surgery prescription medications might not align with someone's recovery pathway)**
- Moms with placental complications
- Caregivers: family members, healthcare providers, doulas
- **EVERYONE IN OUR COMMUNITY!**

Recovery is not only about healing the body; it's about nurturing the soul, easing the mind, and embracing the journey of motherhood with grace and support!

Possible C-Section Risks and Complications

- Infection
- Hemorrhage or increased blood loss
- Injury to organs
- Adhesions
- Reaction to anesthesia
- Injury to the baby
- Recovering from a C-section may be more difficult than a vaginal delivery
- C-sections are more likely to cause chronic pelvic pain
- More likely to have a C-section in future deliveries
- Baby may have trouble breastfeeding
- Baby may be at greater risk for breathing problems

Talk to a trusted healthcare provider about VBAC options (Vaginal Birth After Cesarean)

The Road to Recovery



Never hesitate to call a doctor if there are any sudden changes during recovery for yourself or someone you love.

Use Your B.R.A.I.N.

Benefits: What are the benefits?

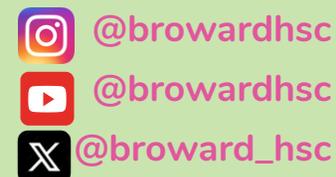
Risks: What are the risks?

Alternatives: What are some other options?

Intuition: Can we have 5-10 minutes to think about this?

Nothing: What happens if we do nothing?

Find community initiatives at:
www.browardhsc.org



@browardhealthystartcoalition

Phone Number:
(954) 567-7174

Scan to learn more about C-Section recovery



World Health Organization. (2021). Caesarean section rates continue to rise, amid growing inequalities in access. *World Health Organization*. <https://www.who.int/news/item/16-06-2021-caesarean-section-rates-continue-to-rise-amid-growing-inequalities-in-accessURL>

Cleveland Clinic. (2024). C-section recovery timeline and aftercare. <https://health.clevelandclinic.org/c-section-recovery>

(U.S. Department of Health and Human Services, 2017) March of Dimes (ND). Having a C-Section. Retrieved from www.marchofdimes.org.

Florida Health Charts (2023). C-section rate in Florida. Motherisingbirth.com