



Walsall Healthcare  
For One & All

Walsall Healthcare



NHS Trust

## OG16 Emergency Caesarean Section

Expires end of April 2022

### Local Information

The decision to undergo this procedure is your decision. It is important that you understand what it involves to help you make this choice. You will be asked to sign to confirm that you understand the procedure and agree to undergo the treatment proposed by your doctor. If you have any questions the Patient Relations Service at the Manor Hospital can help with a wide variety of queries and if necessary put you directly in touch with your doctor or nurse. Patient Relations can be contacted via:

Telephone **01922 656463** or email  
[patientrelations@walsallhealthcare.nhs.uk](mailto:patientrelations@walsallhealthcare.nhs.uk)

Get more information and references at [www.aboutmyhealth.org](http://www.aboutmyhealth.org)

Tell us how useful you found this document at [www.patientfeedback.org](http://www.patientfeedback.org)

### Do you require this leaflet in another language?



Jeśli chcą Państwo otrzymać tę ulotkę w języku polskim prosimy skontaktować się z Działem ds. Relacji z Pacjentami.



ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਕਿਤਾਬਚਾ ਪੰਜਾਬੀ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਪੇਸ਼ਟ ਰਿਲੇਸ਼ਨ ਟੀਮ (Patient Relations Team) ਨਾਲ ਸੰਪਰਕ ਕਰੋ।



যদি আপনি এই লিফলেটটি বাংলায় চান তবে অনুগ্রহ করে প্যাশেন্ট রিলেশন টিম-এর সাথে যোগাযোগ করুন।



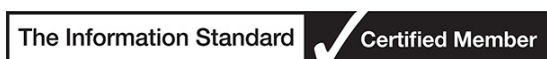
Dacă doriți acest pliant în limba română, vă rugăm să vă adresați echipei de relații cu pacienții.



اگر آپ کو یہ کتابچہ اردو زبان میں مطلوب ہے تو براہ کرم پشٹ ریلیشنز ٹیم سے رابطہ کریں۔



If you require this leaflet in Braille, please contact the Patient Relations Team.



Your obstetrician (surgeon who specialises in childbirth) recommends an emergency caesarean section to deliver your baby safely. However, it is your decision to go ahead with the operation or not. This document will give you information about the benefits and risks to help you to make an informed decision.

If you have any questions that this document does not answer, it is important that you ask your obstetrician, anaesthetist or midwife. Once all your questions have been answered and you feel ready to go ahead with the procedure, you will be asked to sign the informed consent form. This is the final step in the decision-making process. However, you can still change your mind at any point before the procedure.

## What does the operation involve?

A caesarean section can usually be performed under a spinal or epidural anaesthetic. You will be awake so you can see your baby and have 'skin to skin' contact as soon as your baby is born.

Your obstetrician will make a horizontal cut on your 'bikini' line. They will separate the muscles of your abdominal wall and open your uterus (womb). They will deliver your baby through the cut and repair your womb and abdomen.

A midwife will be with you and a paediatrician (doctor who specialises in babies and children) may also attend to your baby when it is born.

## What complications can happen?

A caesarean section is usually safe and your obstetrician believes it is the safest way to deliver your baby. However, complications can happen. Some of these can be serious and can even cause death.

Your anaesthetist will be able to discuss with you the possible complications of having an anaesthetic.

### Caesarean section complications

- Bleeding during or after the operation. If you bleed heavily (risk: less than 8 in 100), you may need a blood transfusion.
- Blood clots in your legs (deep-vein thrombosis – DVT) (risk: 7 in 1,000) or, more rarely, in your lungs (pulmonary embolus).

- Infection of the surgical site (wound) or in your womb (endometritis), which usually settles with antibiotics.

- Allergic reaction to the equipment, materials or medication. The healthcare team is trained to detect and treat any reactions that might happen. Let your healthcare team know if you have any allergies or if you have reacted to any medication or tests in the past.

- Developing a hernia in the scar.

- Bladder damage. The risk is higher if you have had previous caesarean sections.

- Heavy bleeding. This is a serious complication. Your obstetrician may need to remove your womb (risk: less than 1 in 100).

- Small scratch on your baby's skin, when your obstetrician makes the cut on your womb. Sometimes the scratch can be on your baby's face (risk: 2 in 100). This usually does not need any treatment.

- Breathing difficulties for your baby, where your baby takes longer than normal to clear the fluid from their lungs (risk: 6 in 1,000).

- Chest infection. If you have the operation within 6 weeks of catching Covid-19, your risk of a chest infection is increased (see the 'Covid-19' section for more information).

## Covid-19

A recent Covid-19 infection increases your risk of lung complications or death if you have an operation.

### Consequences of this procedure

- Pain. The healthcare team will make sure you are given enough pain relief.

- Unsightly scarring of your skin, although caesarean section wounds usually heal neatly.

## How soon will I recover?

You should be able to go home after 1 to 3 days. However, your doctor may recommend that you stay a little longer.

Ask your healthcare team if you need to do a Covid-19 test when you get home.

If you are worried about anything, in hospital or at home, contact the healthcare team. They should be able to reassure you or identify and treat any complications.

It is important to have plenty of help at home in the first few days so that you have time to recover and to spend with your new baby.

For the first 2 weeks do little other than care for your baby. You can then gradually increase the amount you do.

Bleeding usually lasts for 2 to 4 weeks. Use sanitary pads rather than tampons.

Do not lift anything heavy or do strenuous exercise, such as vacuuming or ironing, for 6 weeks. Do not push, pull or carry anything heavier than your baby during this time.

Do not have sex until you feel comfortable.

Most women take at least 3 months to recover. You should wait until you are physically and emotionally ready before trying for another baby.

Ask your healthcare team if you need to do a Covid-19 test when you get home.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

Acknowledgements

Reviewer: Andrew Woods (MBBS, MRCOG, FRANZCOG)