

Natural childbirth vs C-section birth

Natural birth		C-section	
Advantages	Disadvantages	Advantages	Disadvantages
<p>Shorter recovery time and hospital stay after birth</p> <p>Avoids major surgery and associated risks, including bleeding, scarring, infections, reactions to anaesthesia etc</p> <p>Allows for earlier contact with newborn post-delivery</p> <p>Breast feeding can begin much sooner</p> <p>During natural birth, fluids exit the lungs as the baby travels through birth canal. This reduces likelihood of breathing problems at birth</p> <p>The baby is exposed to good bacteria as they travel through the birth canal, which improves immune system development</p>	<p>Potentially long labour; risk of injury to the infant with longer labour</p> <p>Possible injury to vaginal tissue, weakening of or injury to pelvic muscle</p> <p>Increases risk of bowel or urinary incontinence</p> <p>Possible ongoing perineum pain</p>	<p>Scheduled deliveries are convenient, and the surgical procedure reduces actual labour time</p>	<p>Longer recovery time and hospital stay after delivery</p> <p>Increases risk of physical issues following delivery, including infection and/or long-lasting pain related to incision</p> <p>Risk of issues caused by C-section surgery, including blood loss, injury to bowel or bladder during surgery, and the potential for blood clot to form after surgery</p> <p>Breast feeding is likely delayed due to required recovery time post-surgery</p> <p>Longer recovery period post-delivery - typically 2 months to allow for healing of surgical scar/internal injuries</p> <p>Initial C-Section means that all future births will likely require C-Sections as well, due to surgical scarring/injury</p> <p>A C-Section delivery increases risk of future pregnancy complications, including placental abnormalities and uterine rupture</p> <p>Increased risk for postpartum depression (https://health.clevelandclinic.org/why-you-should-carefully-weigh-c-section-against-a-vaginal-birth/)</p> <p>Babies are more likely to have breathing problems during and after birth, as well as later on as young children (Asthma)</p>



Source: <https://www.livescience.com/45681-vaginal-birth-vs-c-section.html>



It's best to talk with your medical provider to plan your delivery and understand the risks associated with C-sections vs a natural birth. This will help you to make the best decision for you and your baby.