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# **Birthing Normally After A Cesarean Or Two American Edition**

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## **Birthing Normally After A Cesarean**

Birthing Normally After a Cesarean or 2 was superbly calming. The book is heavily researched and combines reassuring scientific facts with delightful successful VBAC stories. It does address possible complications, and

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**Birthing Normally  
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If you're pregnant again and your last baby arrived via cesarean section, you may wonder if a vaginal birth could be an option for you this time around. A vaginal birth after C-section (VBAC) is...

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**C-Section (VBAC):**

**Benefits & Risks**

If you've delivered a baby by C-section and you're pregnant again, you might be able to choose between scheduling a repeat C-section or a vaginal birth after cesarean (VBAC). For many women, VBAC is an option.

**Vaginal birth after cesarean (VBAC) -**



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#### **Mayo Clinic**

When it comes to a natural birth after Cesarean, labor is the same as it would normally be, only that the mother and baby will be more carefully monitored and doctors will be ready for a possible emergency surgery. It should be specified that a VBAC should be performed in a hospital that has all the necessary equipment for an

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emergency C-section.

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**Can I Have A Natural  
Birth After A  
Cesarean?**

So if you decide to try for a vaginal birth after a cesarean, you'll probably need continuous electronic fetal monitoring. Ask your provider if the hospital where you're delivering has Bluetooth-enabled, wireless fetal monitoring, which

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allows you to move around your room and change positions during labor without losing the fetal heart tracing.

### **Vaginal birth after cesarean (VBAC) | BabyCenter**

1. Get plenty of rest. A C-section is major surgery. Just like with any surgery, your body needs time to heal afterward. Expect to stay in the hospital for

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three to four days after your delivery (longer if there are complications), and give your body up to six weeks to fully heal.

### **C-Section: 4 Tips for a Fast Recovery**

A C-section, or cesarean section, is the surgical delivery of a baby through incisions in the abdomen and uterus. It's typically only recommended in medically necessary

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cases, including in some high-risk pregnancies and when the baby is in the breech position and can't be flipped around before labor begins.

### **C-Section: What Happens During a Cesarean Delivery?**

Four Days After C-Section Although moms who give birth vaginally generally stay in the hospital for about two days, the C-

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C-section, your recovery  
timeline has you  
staying for  
approximately four  
days. Of...

## **Recovery After C- Section: Timeline and Tips | Parents**

Going through labor and having a vaginal delivery is a long process that can be physically grueling and is hard work for the mother. But one of the benefits of having a

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vaginal birth is that it has a shorter hospital stay and recovery time compared with a C-section.

### **Vaginal Birth vs. C-Section: Pros & Cons** **| Live Science**

After a c-section birth, you'll probably feel both euphoric about and overwhelmed by the new person in your arms, just like any new mother. But you'll also be recovering from

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major abdominal surgery while dealing with typical postpartum issues such as engorged breasts, mood swings, and vaginal discharge.

### **C-section recovery: Timeline, aftercare, and expectations ...**

A woman may or may not be able to have a vaginal birth with a future pregnancy, called a vaginal birth after cesarean (VBAC).



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Depending on the type of uterine incision used for the cesarean birth, the scar may not be strong enough to hold together during labor contractions.

### **Cesarean Delivery**

Vaginal Birth After a C-Section? About 1/3 of newborns in the United States are delivered by cesarean section, or C-section. That's when the baby comes out through a cut in the

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mother's belly and...

**Recovery and Care  
After a C-Section -  
WebMD**

VBAC is a vaginal birth after a caesarean. It means having your baby vaginally when you've had at least one baby by caesarean section, also called a c-section. How does a VBAC differ from other vaginal births? Most women are able to have a successful

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VBAC without any complications (NCCWCH 2011, RCOG 2015).

**Vaginal birth after c-section (VBAC) -  
BabyCentre UK**

If you've delivered a baby by Cesarean section and are pregnant again, you may be able to choose between a repeat C-section and attempting a vaginal delivery. UC San Diego Health has

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the resources...  
**Giving Birth After a  
C-Section**

After having a cesarean you will still need to wait about six weeks before having sex. You will have your six-week postpartum check-up at this time. Your doctor or midwife will want to ensure that your incision is healing well and that your postpartum bleeding has stopped.

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**When Can You Have  
Sex After a C-  
Section?**

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A few days after birth,  
your breasts might  
become full, firm and  
tender (engorgement)  
once they begin  
making milk. Frequent

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breast-feeding on both breasts is recommended to avoid or minimize engorgement.

### **C-section recovery: What to expect - Mayo Clinic**

Research shows that getting pregnant less than six months after a C-section can increase your risk of complications, such as ruptured uterus or a low birth weight baby.

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**Pregnancy After C-  
Section: How Long  
Should You Wait to**

...

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a Cesarean or Two  
(American Ed) : A guide  
for pregnant women -  
exploring reasons and  
practicalities for VBAC  
by Helene  
Vadeboncoeur (2011,  
Paperback) Be the first  
to write a review

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Birthing Normally After  
a Cesarean or 2 was  
superbly calming. The  
book is heavily  
researched and  
combines reassuring  
scientific facts with  
delightful successful  
VBAC stories. It does  
address possible  
complications, and  
puts them in their  
proper perspective.



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