

# Things to consider about having a C-section

How you bring baby into the world is a personal decision. Here's a few things to consider about a caesarean, also known as a C-section.

- ✧ Ask a healthcare professional if a caesarean is right for you.
- ✧ Consider a C-section if you're expecting multiple babies (twins, triplets).
- ✧ Consider that the post birth recovery is longer, usually around six weeks.
- ✧ Talk to other mums who have undergone a C-section. Experience can often be different to expectation.
- ✧ You may be advised to have a planned C-section in case of breech birth, problems with the placenta or severe pre-eclampsia.
- ✧ Discuss the pros and cons of a C-section with your midwife or doctor.
- ✧ Be prepared to stay in hospital for up to 3-5 days afterwards.
- ✧ You won't be able to drive for up to six weeks after a C-section but speak to your insurance company first to check.
- ✧ Consider possible complications if you're having the procedure for non-medical reasons.
- ✧ Ask about your options for C-section pain medication and anaesthesia.