



Procedure Information – Caesarean Section

Visit No.: Dept.:
Name: Sex/Age:
Doc. No.: Adm. Date:
Attn. Dr.:
Patient No.: PN

Page No:

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+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /
affix patient's label*

Introduction

Caesarean Section is the process whereby the baby is removed from the uterus through an abdominal incision. Lower segment Caesarean Section is more commonly performed.

Indications

1. Previous Caesarean Section
2. Previous myomectomy
3. Prolonged labour
4. Failed induction of labour
5. Fetal malpresentation
6. Maternal diabetes
7. Macrosomia
8. Prolapsed cord
9. Placenta praevia
10. Cephalopelvic disproportion
11. Severe pre-eclampsia
12. Others

The Procedure

1. General or regional anaesthesia
2. Urinary bladder catheterized
3. Abdominal incision
4. Peritoneal cavity entered
5. Urinary bladder dissected away from the uterus
6. Uterine incision
7. Delivery of baby, may involve the use of forceps
8. Delivery of placenta
9. Closure of uterine and abdominal wounds
10. If abnormalities of fallopian tubes, ovaries or other uterine organs are found incidentally, may involve further procedures

Risk and Complication

There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.

Possible risks and complications (not all possible complications are listed)

1. Possible risks and complications for mother

1. Anaesthetic complications require repair
2. Wound complications, such as impaired healing, hematoma and infection (2%), may require another operation
3. Bleeding (uncommon, 0.5%), may require blood transfusion and even hysterectomy
4. Injury to adjacent organs (0.1%), such as bladder, ureters and bowel, may
5. Vascular thrombosis
6. Hernia
7. Intestinal paralysis
8. Amniotic fluid embolism
9. Retained placenta or product of gestation, may require operation to remove

2. Possible risks and complications for baby:

1. Skin cut (1%)
2. Fractures
3. Transient tachypnoea
4. Wet lung (3 to 4 %, higher if Caesarean Section is performed before 38 weeks)
5. Respiratory distress syndrome

Possible implications to future pregnancy

1. Increase in risk of placenta praevia or accreta, resulting in excessive bleeding, may require even hysterectomy
2. Increase in risk of repeated Caesarean Section
3. Increase in risk of uterine rupture if vaginal delivery is preferred
4. Rate of successful vaginal delivery following the 1st Caesarean Section is 72% to 76%



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Post-operative information

1. **General aspect**

- Personal hygiene:** may shower after delivery if physical condition permits and the abdominal wound is covered with waterproof dressing material
- Diet:** avoid consuming alcoholic beverage or Chinese herbs
- Postnatal exercise:** may resume on the 4th day after delivery to facilitate recovery
- Postnatal follow-up:** usually follow-up in 1 to 2 weeks after delivery, then postnatal I check-up in 6 to 8 weeks

2. **Physiological aspect:**

- Breast engorgement:** usually occurs in 3 days after delivery. May experience mild fever, swelling and pain. Take analgesics as prescribed by your doctor to alleviate the symptoms. Breastfeeding mothers are advised to let their baby sucks frequently; non-breastfeeding mothers are advised to avoid their baby sucking or stimulating too much
- Lochia:** normal vaginal discharge from the uterus, normally lasts 2 to 6 weeks. Colour of lochia will turn from bright red to pink, then to a whitish discharge and gradually subside
- Menstruation:** usually returns in 4 to 6 weeks after delivery; may delay in breastfeeding mothers
- Uterine contractions:** normal recovery process, usually lasts 6 to 8 weeks. May experience intermittent pain. Take analgesics as prescribed by your doctor to alleviate the symptoms
- Abdominal wound:** Keep the wound clean and dry. Contact your doctor or attend a hospital if you experience severe wound pain, gapping, redness, oedema, purulent discharge, fever (body temperature above 38°C or 100°F), or other unusual symptoms

3. **Psychological aspect**

- Due to hormonal changes after delivery, mothers may experience mood disturbance, such as feeling tearful or agitated, even insomnia
- Look out for symptoms of postpartum depression
- Consult your doctor or seek professional help if mood disturbance persists

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Patient / Relative Name

Signature

Relationship (if any)

Date