

## How C-Sections Are Changing

Having a Cesarean is a bummer for a lot of women, but a new option, dubbed the “gentle C-section,” is helping to make the surgery feel more satisfying. “We’re trying to improve the emotional and bonding aspect of the procedure by having



patients participate in the birth as much as possible,” says Daniel Roshan, M.D., a maternal-fetal medicine specialist in New York City, who estimates that he performed almost twice the number of gentle C-sections last year than the year before. The three main differences:

### ● The Drape

During a gentle Cesarean, the drape separating the mother’s head from her abdomen is clear, so that both she and her partner can see the baby immediately as he is removed by the doctor. If you feel squeamish about watching the entire procedure, your physician could use a regular curtain, drop it for the birth of the baby, and then pull it up again.

### ● The Monitoring

In a traditional C-section, the mother’s arms are strapped down

and EKG monitors are placed on her chest. In the gentle version, however, Mom’s arms aren’t strapped down, her hands are free and clear of any cuffs or monitors, and one side of her chest is available so that the baby may be placed there for skin-to-skin contact right after the delivery.

### ● The Aftermath

A baby born via regular C-section is traditionally whisked away for examination, but the gentle procedure allows you to hold your newborn immediately after birth and even breastfeed.

If you’re interested in having a gentle C-section, speak with your health-care provider as soon as possible. Any ob-gyn can perform one, but you’ll have to discuss it in advance to determine if it’s right for you. —*Cheryl Lock*