



The Essential C-section Guide: Pain Control, Healing at Home, Getting Your Body Back--and Everything Else You Need to Know About a Cesarean Birth (Paperback)

By Maureen Connolly, Dana Sullivan

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2004. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Childbirth is a life-altering experience for any woman, but a Cesarean delivery can be overwhelming, whether it's unexpected or planned. Despite the fact that roughly one in four babies in the United States is delivered by c-section, very little information about the experience is included in typical pregnancy books and physicians and childbirth educators often gloss over the details. The Essential C-Section Guide is written not only for women to read in preparation for a scheduled c-section and for those considered high risk who know that a c-section may become necessary but also for women recovering from an unexpected surgical delivery. This book provides answers to important questions about what the surgery entails, what a woman can expect as she recovers, and what considerations should be made for future pregnancies and deliveries. With frank discussions about the physical and emotional aspects surrounding a c-section, the authors share comforting wisdom about early bonding, pain control, breastfeeding, infant care, healing from surgery, postpartum exercise, partner involvement, and much more, in detail not available...

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