

Gosford Private Maternity Services

Information for a support person of a caesarean birth

A Caesarean Birth is a surgical procedure in which the baby is born abdominally through an incision. It can be performed for many different reasons:

- When abnormal maternal or foetal conditions make vaginal birth difficult.
- When, after consultation with your obstetrician, a decision is made to proceed to a caesarean birth.

A caesarean birth can be performed in a controlled environment but it also can be in an emergency situation. Each scenario effects the timeliness and actions that your expert team will deliver. In an emergency, each person caring for you has a role and our actions reflect the urgency of an emergency scenario and are designed to provide you with the highest quality and safe service.

To ensure your partner and baby's safety, we permit only one support person to accompany a caesarean birth. This is because with any surgery, there are many people in the theatre with an important role which focuses on your safety.

Operating theatres are a sterile environment. When you are accompanying your partner into an operating theatre you will be expected to change into theatre scrub clothes. This includes shirt, pants and a theatre hat to cover your hair. Theatre scrubs are provided by Gosford Private Hospital. Support persons are required to wear closed in shoes.

You will be able to bring your camera with you but nothing else inside theatre, so all your valuables should be left back in your room. We recognise the birth of your baby is an important event and our staff are always willing to take photos for you.

Once you and your partner are inside theatres your anaesthetist will commence the anaesthetic, whether it is spinal, epidural or general. If your partner is having a spinal or epidural this can be done inside the theatre. You may be required to stay inside the anaesthetic bay whilst we are organising the theatre, then we will bring you inside theatre.

You will be seated in a position ready to be involved with welcoming your baby.

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Burrabil Avenue, North Gosford NSW 2250 T: 02 4324 7111

Gosford Private Maternity Services T: 02 4304 3260 **Birth Suites** T: 02 4323 8189
gosfordprivatematernity.com.au

INSIDE THEATRE

We have a team which includes the scrub person, the scout and the anaesthetic assistant, these people are all nurses and will be able to assist you in any way. The surgeon has an assistant surgeon to help them with the procedure, there will be at least one midwife and there may also be a paediatrician.

Within theatres we have to be careful not to breach the sterile field so avoiding touching all sterile trolleys and drapes is very important. This is to avoid introducing any micro organisms into the open abdomen.

If at any time you are feeling faint or unwell just let someone know. This can happen, because it's an unfamiliar environment, don't feel embarrassed we just need to know so we can look after you.

You will be able to be part of the birth as much as you want to be. Meaning you can watch the whole caesarean birth or you can sit behind the screen with your partner until the baby is born and welcomed by you. It is totally up to you.

Some people are happy comforting their partner and others want to watch what is happening. This is your baby, your experience and we want it to reflect the special event that it is for you.

Once your baby has been born, your baby will be taken over to the crib where the paediatrician and the midwife will perform an initial assessment. You will then be asked to cut the umbilical cord, lots of photos can be taken at this time.

Your baby will be brought over to mum so she can have lots of cuddles and lots of photos.

At this stage the surgeon will be closing the abdomen and the scrub staff will be counting out their instruments.

At Gosford Private we offer skin to skin as a standard practice following caesarean birth. This means we keep families together in theatres and in the recovery ward. If there is an emergency scenario where the baby needs to return to the special care nursery, your midwife will explain this to you. You are able to remain with your baby when returning to the special care nursery or postnatal ward.

Your partner will stay in recovery after the caesarean birth for at least 30 minutes. Once your partner has been

