

Caesarean Section : The Aesthetic Approach

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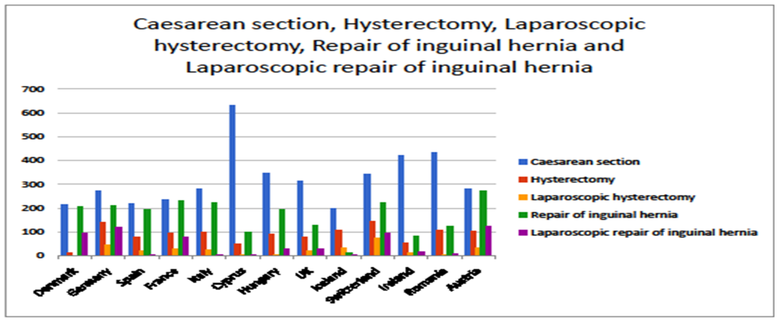
INTRODUCTION

Caesarean sections are ranked high amongst surgical procedures with an estimated 20 million globally every year. One out of 4.3 births every second is with a caesarean section. Figures vary between countries with percentages of 26 percent in UK, more than 30 percent in USA and above 50 percent in undeveloped countries (Eurostat statistics 2015). A caesarean section is often complicated by bleeding (up to 27 percent) especially when carried out as an Emergency. Every year there are 14 million women bleeding heavily during pregnancy and childbirth and 127,000 women die because of that bleeding.

PURPOSE

To use lapsed techniques from the past and the modern technology to improve safety and outcome of the Caesarean, but also simultaneously adds aesthetic values and transforms the procedure to a sublime one.
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Surgical operations and procedures, Eurostat 2015



METHODS

- Formulate an easier procedure for the assistant and theatre staff to follow

- Eliminate Bleeding and create a calmer environment. Referral to previous (E-poster RCOG 2018, Singapore) presentation where steps 1-9 applied (packing the abdomen both paracolic gutters, avoid spaces under the skin, uterine incision slightly upwards to avoid extensions to the cervical area,flex and deliver head through a smaller diameter, delivery of the placenta with a uterine contraction, repair the uterine incision in one of four appropriate ways, minimize uterine scar) the use of fetal pillow to disengage head and avoid cervical tears.

- A dry and very well controlled procedure is always welcomed by theatre staff. The amniotic fluid collected with suction when uterine incision performed along with further fluid and blood collections absorbed from large abdominal packs applied at beginning of procedure. Those large abdominal packs also apply a degree of compression laterally onto the uterus and uterine vessels as well.

- Natural birth simulation of baby, through smaller incisions along with uterine contractions. Minimal extraction of head as per Caesarean with no fundal pressure (the use of kiwi cup over flexion point to assist head delivery). Chest compression through tight incisions and small delay in delivery allows lung fluid to be seen from baby's nostrils alongside the torso delivery. The baby often cries before delivery. In cases of fetal compromise where resuscitation needed, it became easier with no fluid in baby's lungs.

- Invite the parental couple to observe and talk through delivery. The Natural Birth delays the delivery, and allows parents to see baby delivery through the procedure. Baby can be delivered straight to mother.

- Best cosmetic results , through tight incisions, excision of old scars where indicated, good haemostasis. Considerable care taken to prevent subsequent infections (cleaning scar with Normal Saline solution before closing ,suturing fat to reduce empty spaces under skin, use of a drain where bleeding is anticipated or previously collections, applying either suction or pressing dressing, vaginal toilet with the use of antiseptic solution)

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CONCLUSION

We have used those modifications over the last 5 years in more than 800 cases with best ever results and strong positive feedback from theatre staff and parental couples.
Women that seen many years after procedure had still recalled events and spoke with best words..

KEYWORDS

Caesarean, Bleeding, Kiwi suction, Aesthetic Approach

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