

Why Does It Matter?

Choosing a birth method is an important decision that can affect your recovery and experience. Here's why it matters:



- **Recovery Time:** Vaginal births generally have quicker recovery times compared to C-sections. Most women can start walking soon after delivery and may be discharged from the hospital within 24 to 48 hours.

- **Health Risks:** C-sections may carry higher risks of complications like infections or longer hospital stays.



- **Future Births:** A C-section may influence your options for future pregnancies and deliveries. You may have a higher likelihood of requiring another C-section in subsequent births.



- **Baby's Health:** The method of delivery can also impact your baby's health. Babies born vaginally are exposed to their immune systems, while those born via C-section might have different microbiomes



IMPORTANT

Understanding your options and discussing them with your healthcare provider will help you choose the best method for you and your baby.