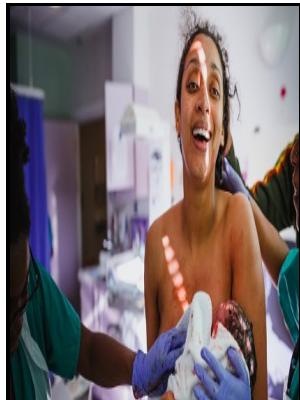


# You dont need to have a repeat cesarean

## F. Fell Publishers - 13 Risks You Didn't Know About With Multiple C



Description: -

- Health counseling

Consumer education.

Cesarean section -- Popular works. You dont need to have a repeat cesarean

- You dont need to have a repeat cesarean

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### ACOG Updates Recommendations on Vaginal Birth After Previous Cesarean Delivery

What are medical reasons for a c-section? One of most problematic causes of a failed VBAC is , which is when the scar on your uterus from your previous C-section re-opens during labor, putting you and your baby at serious risk.

#### Repeat C

Recovery can be more grueling if you go through a long labor process before deciding to do a C-section.

#### Repeat C

Consider using a certified midwife. Start out with low-impact cardio workouts for the first four to six months after C-section delivery. The biggest difference: no rushing.

#### The Do's and Don'ts of Healing from a C

Once your health care provider has given you the thumbs up for exercise after delivery, you can slowly ease yourself back into a regular workout routine over a few weeks or months.

#### How Many C

ACOG suggests that a pregnant person gets in 30 min of physical activity a day. Remember, no matter what route you take, the most important thing is that you do what is best for you. Depending on the situation, treatment can be as easy as taking medication.

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