

CAESAREAN SECTION: THE AESTHETIC APPROACH

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Introduction: Caesarean section is ranking high, top among 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 26% in UK, more than 30% in USA and above 50% in underdeveloped countries (Eurostat statistics 2015). It is often complicated by bleeding (up to 27%) especially when carried out as an emergency.

Purpose: The aesthetic approach refers to surgery which is a very well controlled and dry procedure, with the baby delivered as close to natural birth with uterine contractions, easy for assistant and theatre staff to follow procedure and parental couple to observe delivery in a calmed environment. Best cosmetic results are gained through smaller incisions, good haemostasis and care taken to prevent subsequent infections.

Method: 1) Referral to previous (E-poster RCOG 2018, Singapore) presentation steps 1-9 to minimize bleeding (the use of retraction tapes in obese women, packing the abdomen either paracolic gutters, avoid spaces under the skin, uterine incision upwards, flex and deliver head, the use of Kiwi suction cup over flexion point, deliver placenta with a uterine contraction, repair the uterine incision in one of four appropriate ways, minimize uterine scar). 2) Natural birth of baby through tight incision and along with uterine contractions, minimal extraction as per Caesarean with no fundal pressure. 3) Allow parental couple to observe and talk through delivery. 4) Care taken to achieve best cosmetic results (cleaning scar with Normal Saline solution before closing, using a drain where anticipated bleeding or previously collections, applying PICO or pressing dressing, vaginal toilet with use of antiseptic solution)

Conclusion: We have used those modifications over last 5 years or 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.

Biography

Christos Tsitlakidis has graduated from Hellenic Aristotle University School of Medicine. He is a Consultant Obstetrician and Gynaecologist in Pinderfields Hospital, MidYorkshire NHS Trust, United Kingdom. He has published more than 6 papers in reputed journals in UK and abroad and has been member of the RCOG.

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