

Tomorrow's VBAC

Introduction

Vaginal birth after cesarean (VBAC) is a safe and effective way to give birth for many women who have had a previous cesarean section. VBAC allows women to experience the benefits of vaginal birth, such as a shorter recovery time and lower risk of infection.

VBAC is becoming increasingly popular as more women learn about the benefits and risks of vaginal birth after cesarean. In the United States, the VBAC rate has increased from 8.5% in 1996 to 20.9% in 2019.

There are many reasons why women choose to attempt a VBAC. Some women want to avoid the risks associated with a repeat cesarean section, such as infection, blood clots, and organ damage. Other women

want to experience the benefits of vaginal birth, such as a shorter recovery time and lower risk of infection.

VBAC is a safe option for many women, but it is important to be aware of the risks. The risk of uterine rupture is the most serious risk associated with VBAC, but it is rare. Other risks of VBAC include postpartum hemorrhage, infection, and injury to the baby.

The decision of whether or not to attempt a VBAC is a personal one. Women should discuss the benefits and risks of VBAC with their doctor or midwife to make the best decision for their own health and the health of their baby.

VBAC is a safe and effective option for many women who have had a previous cesarean section. Women who are considering VBAC should talk to their doctor or midwife to learn more about the benefits and risks of VBAC and to make the best decision for their own health and the health of their baby.

Book Description

Vaginal birth after cesarean (VBAC) is a safe and effective way to give birth for many women who have had a previous cesarean section. VBAC allows women to experience the benefits of vaginal birth, such as a shorter recovery time and lower risk of infection.

This comprehensive guide provides women and their care providers with everything they need to know about VBAC. The book covers the following topics:

- The benefits and risks of VBAC
- Who is a good candidate for VBAC
- How to prepare for VBAC
- The VBAC process
- VBAC recovery
- VBAC resources
- VBAC advocacy
- VBAC and the future of childbirth

This book is written in a clear and concise style, and it is packed with up-to-date information. It is an essential resource for women who are considering VBAC and for the healthcare providers who care for them.

In Tomorrow's VBAC, you will learn:

- The latest research on VBAC safety and outcomes
- How to find a VBAC-supportive provider
- What to expect during labor and delivery
- How to recover from VBAC
- How to advocate for your right to a VBAC

Tomorrow's VBAC is the most comprehensive and up-to-date guide to VBAC available. It is a must-read for women who are considering VBAC and for the healthcare providers who care for them.

Chapter 1: VBAC Basics

1. What is VBAC

Vaginal birth after cesarean (VBAC) is the birth of a baby through the vagina after a previous cesarean section (C-section). VBAC is a safe and effective option for many women who have had a previous cesarean section.

VBAC allows women to experience the benefits of vaginal birth, such as a shorter recovery time, lower risk of infection, and lower risk of blood clots. VBAC can also help women avoid the risks associated with repeat cesarean sections, such as uterine rupture, placenta previa, and cesarean scar ectopic pregnancy.

VBAC is becoming increasingly popular as more women learn about the benefits and risks of vaginal birth after cesarean. In the United States, the VBAC rate has increased from 8.5% in 1996 to 20.9% in 2019.

The VBAC Process

The VBAC process is similar to the process of vaginal birth for women who have not had a previous cesarean section. Labor begins with contractions, which cause the cervix to dilate (open). Once the cervix is fully dilated, the baby is born.

VBAC may take longer than vaginal birth for women who have not had a previous cesarean section. This is because the scar from the previous cesarean section can make it more difficult for the cervix to dilate.

Who is a Good Candidate for VBAC?

VBAC is a good option for many women who have had a previous cesarean section. However, there are some women who are not good candidates for VBAC. These women include women who:

- Have had two or more previous cesarean sections
- Have a placenta previa

- Have had a uterine rupture in a previous pregnancy
- Have a medical condition, such as heart disease or preeclampsia, that makes vaginal birth risky

How to Prepare for VBAC

Women who are planning a VBAC should talk to their doctor or midwife about how to prepare for labor and delivery. Some things women can do to prepare for VBAC include:

- Taking childbirth classes
- Practicing relaxation techniques
- Getting regular exercise
- Eating a healthy diet
- Getting enough rest

The Benefits of VBAC

There are many benefits to VBAC, including:

- Shorter recovery time

- Lower risk of infection
- Lower risk of blood clots
- Lower risk of uterine rupture, placenta previa, and cesarean scar ectopic pregnancy
- Better bonding experience between mother and baby
- Reduced risk of future infertility

The Risks of VBAC

There are also some risks associated with VBAC, including:

- Uterine rupture
- Postpartum hemorrhage
- Infection
- Injury to the baby

The risk of uterine rupture is the most serious risk associated with VBAC. However, this risk is rare, occurring in less than 1% of VBACs.

The other risks of VBAC are also rare. However, women should be aware of these risks before they decide to attempt a VBAC.

Chapter 1: VBAC Basics

2. Benefits of VBAC

VBAC offers several benefits for both mothers and babies.

For Mothers:

1. **Reduced Risk of Complications:** VBAC is associated with a lower risk of complications compared to repeat cesarean sections. These complications include infection, blood clots, and organ damage.
2. **Shorter Recovery Time:** Women who have a VBAC typically recover more quickly than those who have a repeat cesarean section. This is because VBAC involves a smaller incision and less tissue trauma.
3. **Lower Risk of Future Pregnancy Complications:** VBAC can help to reduce the risk

of placenta previa and uterine rupture in future pregnancies.

4. **Improved Pelvic Floor Function:** VBAC can help to preserve the strength and function of the pelvic floor muscles, which can reduce the risk of incontinence and other pelvic floor disorders later in life.

For Babies:

1. **Lower Risk of Respiratory Problems:** Babies born via VBAC have a lower risk of respiratory problems, such as respiratory distress syndrome and transient tachypnea of the newborn.
2. **Improved Immune System:** Babies born via VBAC are exposed to beneficial bacteria in the birth canal, which can help to strengthen their immune system.
3. **Reduced Risk of Childhood Asthma and Allergies:** Babies born via VBAC have a lower

risk of developing childhood asthma and allergies.

4. **Better Neurological Development:** Some studies have suggested that babies born via VBAC may have better neurological development than those born via cesarean section.

Overall, VBAC offers several benefits for both mothers and babies. It is a safe and effective option for women who have had a previous cesarean section.

Chapter 1: VBAC Basics

3. Risks of VBAC

The decision of whether or not to attempt a VBAC is a personal one. Women should discuss the benefits and risks of VBAC with their doctor or midwife to make the best decision for their own health and the health of their baby.

Uterine Rupture

The most serious risk associated with VBAC is uterine rupture. This is a rare but life-threatening complication that occurs when the uterus tears during labor. Uterine rupture can cause severe bleeding and can be fatal for both the mother and the baby. The risk of uterine rupture is highest for women who have had a previous classical cesarean section, which is a type of cesarean section in which the incision is made in the upper part of the uterus.

Other Risks of VBAC

Other risks of VBAC include:

- **Postpartum hemorrhage:** This is excessive bleeding after childbirth. It can be caused by a number of factors, including uterine atony (failure of the uterus to contract after birth), lacerations, and retained placental fragments.
- **Infection:** VBAC is associated with a slightly higher risk of infection than repeat cesarean section. This is because the vagina is a more common source of infection than the uterus.
- **Injury to the baby:** VBAC can also pose a risk to the baby. The baby may be injured if the uterus ruptures or if the labor is prolonged.

Overall, the risks of VBAC are low. However, it is important to be aware of these risks before making a decision about whether or not to attempt a VBAC.

Factors That Increase the Risk of VBAC Complications

There are a number of factors that can increase the risk of VBAC complications, including:

- **Previous uterine surgery:** Women who have had a previous uterine surgery, such as a cesarean section or a myomectomy, are at an increased risk of uterine rupture.
- **Multiple previous cesarean sections:** The risk of uterine rupture increases with each subsequent cesarean section.
- **Prolonged labor:** A prolonged labor can increase the risk of uterine rupture and other complications.
- **Macrosomia:** Macrosomia is a condition in which the baby is larger than average. This can increase the risk of uterine rupture and other complications.
- **Malpresentation:** Malpresentation is a condition in which the baby is not in the optimal position

for birth. This can increase the risk of uterine rupture and other complications.

Women who have any of these risk factors should discuss the benefits and risks of VBAC with their doctor or midwife before making a decision about whether or not to attempt a VBAC.

This extract presents the opening three sections of the first chapter.

Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.

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