

Scheduled C-section or vaginal birth

Which plan is right for you and your baby?

Scheduled C-section

Benefits to baby



While lifesaving in certain medical situations, a scheduled C-section is a major surgery that presents limited benefits to the baby when not medically necessary.

Atmosphere



Operating theater

Pain management



Anesthesia

Hospital stay



Up to 5 days

Vaginal birth

Benefits to baby



By passing through the birth canal, baby receives immune-boosting beneficial bacteria, and excess fluid is squeezed out of baby's lungs.

Atmosphere



More choices available

Pain management



Everything from breathing techniques to epidurals

Hospital stay



1 to 2 days