

## Postpartum Lesson 2 Labor and Delivery



# What's included:

- Types of childbirth and affects on postpartum body

# Three Stages of Labor

## Stage 1

Lasts anywhere from 6-18 hours on average, the cervix thins and begins to dilate. The contractions, or strong muscular pulls of the uterus, begin to occur in waves. These contractions help the dilation of the cervix. During this period, the membranes or amniotic sac of water may rupture.

## Stage 2

The second stage of labor, which typically lasts between one to two hours, begins when the cervix achieves at least 10cm dilation and contractions are close together. The muscular folds of the vagina help push the baby through the birth canal with each contraction. The baby will pass through the center of the pelvic cavity or obstetric axis (an imaginary line through which the head passes) inside the birth canal or vagina. The anterior and posterior joints of the pelvis will help expand the pelvic cavity, the coccyx will move backwards as the pubis symphysis softens to stretch forward as the baby passes through.

## Stage 3

During the third and final stage, the placenta is delivered.

Labor  
and  
Delivery

# Vaginal Birth

- Type of most common delivery 2/3 of every birth happens vaginally
- Potential trauma to vagina from vaginal birth:
  - Vaginal Tearing: 27% of all deliveries end in vaginal tearing
  - 1<sup>st</sup> degree-tear involving perineal skin between vagina opening and rectum, may not require stitches
  - 2<sup>nd</sup> degree-tear involving the skin and the muscle of the perineum and might extend deep into vagina, usually requires stitches
  - 3<sup>rd</sup> degree-tear extending into the muscle that surrounds anus and may require surgery to repair
- Episiotomy: cutting through the perineal skin between vagina and anus to extract the baby. Rates have decreased in recent years.
  - 1<sup>st</sup> degree –cut through skin only vaginal
  - 2<sup>nd</sup> degree-cut through skin and muscle midway between vagina and anus
  - 3<sup>rd</sup> degree-cut through skin, muscle and rectal sphincter
  - 4<sup>th</sup> degree-extends through the rectum and cuts through skin, muscle, the rectal sphincter, and anal wall.

Read more: <https://www.surgeryencyclopedia.com/Ce-Fi/Episiotomy.html#ixzz67quln2QE>

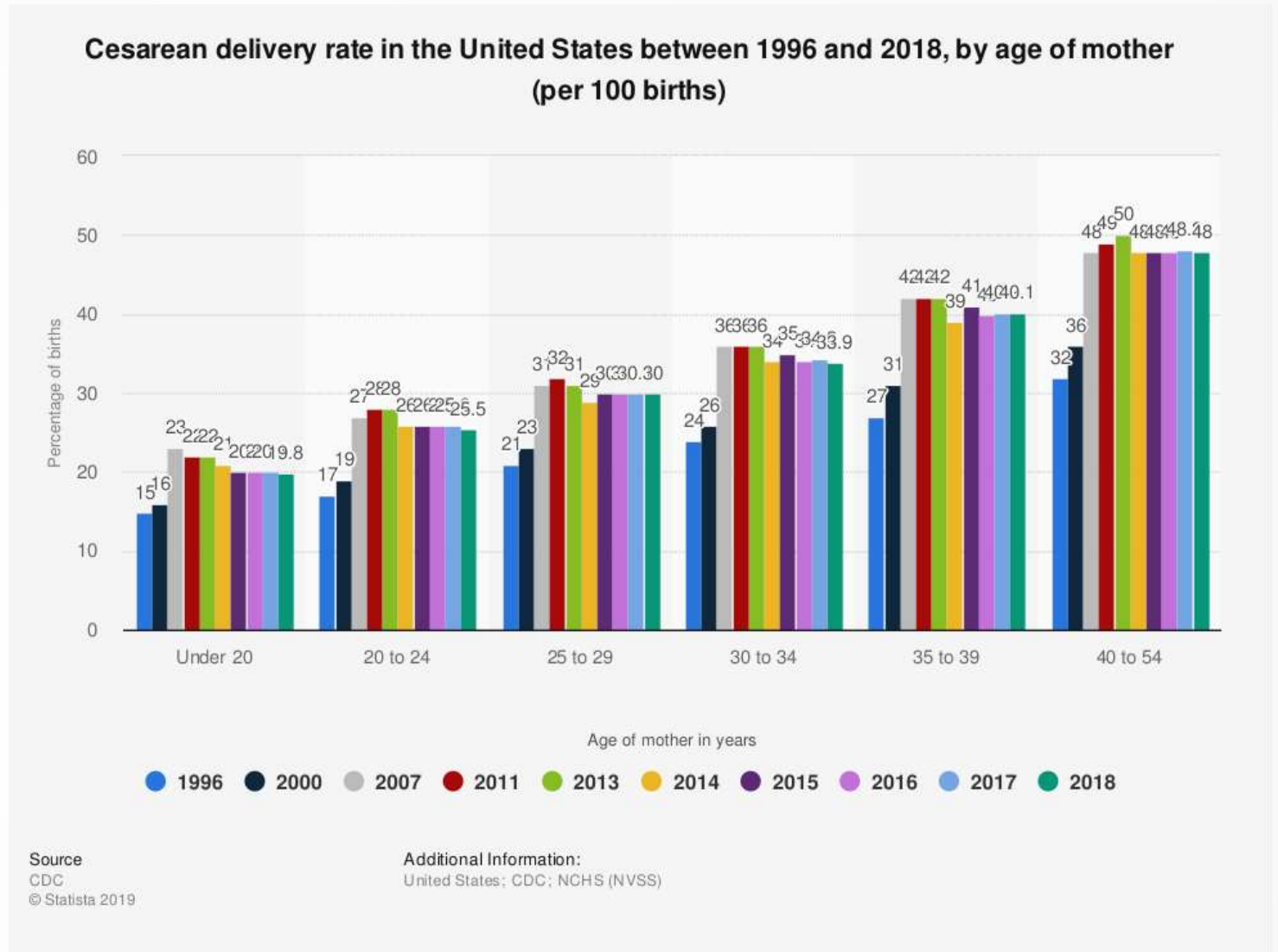
# Side Effects from vaginal birth

- Scar tissue accumulation in perineum from tearing or episiotomy
- Weakening of pelvic floor muscles
- Urinary or fecal incontinence
- Pelvic floor prolapse from labor and pushing
- Pubic symphysis dysfunction
- Dislocation or breaking of the coccyx, called “coccydynia” — damage to the coccyx is well recognized, but not very common.

# Cesarean

## Definition of cesarean section

- Surgical procedure involving incision of the walls of the abdomen and uterus for delivery of offspring
- Cesarean sections have increased 500% from 1996-2018



# Reasons for Cesarean (continued)

**Your labor isn't progressing.**

**Your baby is in distress**

**Your baby or babies are in an abnormal position.**

**You're carrying multiples.**

**There's a problem with your placenta**

**Prolapsed umbilical cord**

**You have a health concern.**

**Mechanical obstruction.**

**You've had a previous C-section**

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## Side Effects from Cesarean

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**Recovery from abdominal surgery**

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**Incision pain and numbness for weeks after Cesarean**

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**Lower abdominal pain or discomfort**

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**Postural compensation**

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**Potentially longer healing time than with vaginal birth**

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No matter the type  
of delivery, healing  
must occur...

- Both types of delivery create trauma to the body that is treatable and, in some cases, may be prevented. The trauma sustained from birth may affect a woman's quality of life for the long term if not addressed soon after delivery.