



## *Dr. Frieden- Doing everything to help you have a VAGINAL birth*

The best delivery for most patients will be by the vaginal route. Sometimes C-sections are necessary, but Dr. Frieden has an excellent track record of avoiding them. His “primary” and “NTSV” C-section rates are among the lowest of the 40 OB GYN’s practicing at Medical City Dallas.

As the end of pregnancy approaches, you and Dr. Frieden will have a thorough discussion about how you would like your delivery to proceed. He makes individualized recommendations, but ultimately wants the delivery to proceed in the way you envision. It’s YOUR baby, YOUR body, and YOUR birthday party! Most patients want to deliver vaginally and Dr. Frieden is on board. To maximize the chances of a **vaginal** delivery, Dr. Frieden can incorporate:

- ❖ No time limit in labor
- ❖ No excessively early inductions
- ❖ Forceps, when necessary
- ❖ Amnio-infusions, which may resolve fetal heart rate problems
- ❖ Close communication with your labor nurse for optimal positioning that will help your cervix dilate, and the baby descend

Are there times when C-Section is necessary? Of course, and the central theme will be safety of the baby and the mother. In the following instances, Dr. Frieden would recommend C-Section as not only standard of care, but the overwhelmingly safest option:

**Prior c section or prior uterine fibroid removal:** the uterine scar from these procedures is weak and can rupture during labor. This is a disaster for the baby. True, it is uncommon, but if it happens, irreversible fetal brain injury can result, and Dr. Frieden simply won’t put babies in that risk. The *majority* of OB GYNs will not participate in VBAC (Vaginal Birth After Cesarean) for this reason.

**Twins or triplets:** even if the first twin is delivered vaginally, the second one can get into serious danger while waiting to descend. Again, it is *less common* to find an OB GYN who will deliver twins vaginally.

**Breech or sideways lying babies:** the overwhelming majority of babies are “head down” when it is time for delivery. Dr. Frieden will continue to check their position up until the time of delivery. Last minute flips into head down position are wonderful ! If they don’t flip, Dr. Frieden will discuss “version” or spinning the baby around by hand. But if the baby won’t get head down, by delivery time, Dr. Frieden will deliver by C-Section.

**Emergency:** rarely, the baby’s heart rate pattern becomes dangerous. Dr. Frieden and the labor nurse will use techniques to rapidly resolve this. Repositioning, supplemental oxygen, and amnio-infusion can help. Although uncommon, a serious emergency can develop, an emergency C-section is required.