

A Lifetime of Care

Ask Dr. Packard



Lori Packard, MD

My first baby was born by cesarean. Will my next baby have to be, too?

Many women who had a cesarean delivery can safely attempt vaginal delivery (VBAC). VBAC benefits include a shorter hospital stay and recovery, lower risk of complications and less need for blood transfusions. These newborns have smaller risks of breathing problems compared with cesarean births.

On the downside, 20-40 percent of women who attempt VBAC will have a repeat cesarean. There is also a very small risk of uterine rupture, requiring emergency cesarean delivery. This risk is very low if the prior incision is transverse across the lower uterus. This risk rises if the incision is up and down or T-shaped. The direction of the skin incision may not match the uterine incision. While very rare for VBAC and elective repeat cesarean, the risk of fetal death is higher for VBAC.

Most women with one low transverse cesarean delivery are VBAC candidates. Success chances improve with a prior vaginal delivery, spontaneous onset of labor, normal labor progress, and previous cesarean done for reasons, such as a breech baby, which won't likely recur.

Talk over options with your doctor. If you choose VBAC, deliver where an emergency cesarean can be done quickly if needed.

Our practice cares for women of every age, and all of our doctors welcome new patients. We invite you to call (513) 221-3800 for an appointment to create the best care plan for you and your baby. We look forward to helping you to better health.

Depend on us for the finest obstetric and gynecologic care to support you at every age.

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Kimberly Bonar, MD	Mamata Narendran, MD
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Two convenient locations!

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