

EPISIOTOMY

Episiotomy is a surgical incision in the perineum that is sometimes necessary during delivery. There are several types, however, the most common type is a midline episiotomy. The purpose of the episiotomy is to create space by substituting a neat surgical incision for the ragged laceration that otherwise usually results from passage of the baby's head through the vagina. The episiotomy may shorten the second stage of labor and make the birth process easier for the baby and the mother. Additionally, some studies now show that there is a decrease of subsequent uterine prolapse (uterus falling out), cystocele (bladder falling out), rectocele (rectum falling out), and stress Incontinence (loss of urine). Although an episiotomy may not be needed, most first time mothers do have an episiotomy. The episiotomy is sutured with dissolving sutures and usually heals quickly without complications. Subsequent deliveries are less likely to need an episiotomy.