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**Velemir Luka***Polyclinic Santa Maria Clinic, France***The caring C-section**

The worldwide rise in the frequency of caesarean sections is responsible for a remarkable increase of certain complications if compared to vaginal delivery. The operative intervention itself is accompanied by an elevated occurrence of post-surgical complications and post-operative pain and an extended recovery time. Moreover, the conditions in which takes place most of the caesarean sections are responsible for an altered patient self-esteem and difficulties in creating the bond between the mother and her baby. We aim to present here the fruit of collaboration between French obstetrical surgeons devoted to improve the patient's experiences during the procedure and to facilitate the encounter between the mother and her baby. This approach includes specific environmental, psychological and technical aspects that can be sum up in 7 principles: (1) To establish during the pregnancy a plan birth adapted to the birth by cesarean section, (2) to allow the partner to be present at the time of cesarean section, (3) to focus on the needs of the baby and the mother at every step of the procedure, (4) to help the mother to be active during the process, (5) to propose immediate and extended skin to skin contact, (6) to use a minimally invasive technique of cesarean section such as the modified extra-peritoneal approach and (7) to facilitate the creation of the bond between the mother and the baby. The presentation develops each of these aspects with a video support.

Biography

Velemir Luka has completed his Specialization in Obstetrics and Gynecology from 2002 to 2007 in the University Hospital Center of Clermont-Ferrand, recognized for its excellence in laparoscopic gynecological surgery and the treatment of pelvic floor disorders. From 2007 to 2009, he was the Head of Clinic, Assistant in Professor Jacquetin Service where he was able to improve in the management of high risk pregnancies and complicated deliveries and in the surgery for urinary incontinence and genital prolapse. He has an independent practice in Nice since 2010. Since then, he belongs to a think tank of obstetricians Co-Founded by Dr. Fauck Denis and Dr. Ami Olivier which works on the improvement of modern obstetric.

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