

Témoignage - Mme D.Jessamy



le 12/01/2015 : Césarienne extra péritonéale

Due to a small physical problem, I knew before giving birth with my first child that I would have to have a c-section under a general anaesthetic, although the operation was planned, an early labour resulted in an emergency caesarean. Unfortunately, it was very stressful, hurried and painful and took weeks to be able to walk again properly and months to feel fully recovered. I spent the first few days' post-op in a haze of pain and medication. Unable to perform the bath, walk or carry my baby. It was such a painful experience that caused many secondary issues for long thereafter.

So, when I got pregnant with my second child, I searched for a long time to find an obstetrician who specialised in post caesarean recovery and was open to alternative birthing options. A friend had recommended Dr Simon to me so I looked online at her webpage and was instantly interested by her different way of performing a c-section. I booked an appointment to meet her to discuss my concern at reliving my first experience. Upon meeting her I was very much reassured that with her techniques my experience the second-time round would be entirely different.

The reality did not disappoint. Not only was my pre-op care and advice excellent, the difference between my two caesareans is almost indescribable. With Dr Simon's techniques, I was up and walking upright 3 hours' post op. I was able to get in and out of my hospital bed with no assistance immediately. I took my baby to do his first bath, changed his nappies and breastfed with no difficulty. I was even able to shower and dry my hair 24 hours later. I could not believe the difference in the two experiences. I left hospital after 3 days and was able to easily walk up the stairs at home, carry my 21-month-old daughter, lift her in and out of bed, put her in the car all pain free.

I would liken the level of pain to a badly pulled muscle, that lasted 48 hours. After which I felt tired but my tummy felt a little tight but overall, I did not feel like I had had major surgery. This helped with both bonding with my newborn and also my relationship with my toddler, who was keen to see mummy back as before. I cannot recommend Dr Simon enough and will be eternally grateful to her for offering her revolutionary techniques and am at a loss of why other doctors do not offer them.