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### **The Doctor, Episiotomy and the use of Forceps, Vacuum, and Cesarean Sections**

**THE DOCTOR**- 80-85% of women in our practice are delivered by their own doctor. We do "take call" on weekends, where one doctor covers for the whole group. In the event that you are being delivered by a doctor that you have not met- we will make every attempt to step into the room at some time during your labor and meet you- but please remember- if one doctor is covering- they are very busy, and sometimes this cannot be done. Your doctor will be advised of your progress throughout your labor, and will arrive at any time the nurse needs him/her. For some women, that means at the time of delivery only...for others, the doctor will be in the hospital during your whole labor (depending on your medical history, pregnancy complications and the baby's heart rate).

**VACUUM/FORCEPS/CESAREAN SECTION**- There are many reasons for any of these methods to be utilized to facilitate your delivery. All of our physicians are comfortable and skilled in the use of each of these. None of these things will be used without discussing it with you first.

**EPISIOTOMY**- Our policy is to avoid episiotomy unless necessary. Your nurse and your doctor will practice perineal massage to facilitate stretching and a tear-free delivery. We do not recommend perineal massage to patients for home use- we prefer to do it during the pushing stage of labor. If you would rather tear than have an episiotomy cut, please let your nurse know- and she can remind the physician at the time of delivery. We make every effort to discuss this with you before we cut an episiotomy. Most of the doctors will cut an episiotomy if we feel the baby is in mild distress and we want to hurry the delivery. You will be informed of this at the time.

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