



# Medical Breakthroughs

## Better Healing After C-Section

(NAPSA)—What was once thought to be an unavoidable consequence of certain kinds of surgery, including C-sections, can now actually be prevented.

Almost one-third of all U.S. births are now performed via cesarean section—and to most women, it comes as a surprise. Unfortunately, recovery can be difficult, even when delivery is performed by an experienced OB/GYN doctor. Internal scar tissue commonly forms after a C-section and can be a major cause of complications; however, it can be avoided—if OB/GYNs choose to employ preventative measures now available.

Adhesions are fibrous bands, or scar tissues that form between internal tissues and organs as a result of injury during surgery, and can complicate subsequent procedures including C-sections. In a recent study, adhesions were found in over one-half of patients having a C-section who did not receive an adhesion barrier. Women undergoing C-sections, whether planned or unexpected, are typically unaware of the risk of adhesion formation from this procedure. Studies suggest that adhesions can delay delivery of the newborn as well as adversely affect fetal well-being. In other types of surgery, adhesions account for up to 20 percent of infertility cases, up to 20 to 50 percent of chronic pelvic pain cases and up to 74 percent of bowel obstructions.

Although surgical technique can reduce the formation of adhesions, this may not be enough and is no longer the only preventative measure. Adhesion barriers, such as Seprafilm, are now available to



**Sheets of Seprafilm, shown here, are used to reduce the formation of adhesions resulting from open pelvic and abdominal procedures.**

prevent adhesions from forming following C-sections and other gynecologic and abdominal surgeries. Adhesion barriers work to separate surfaces while injured tissues in the pelvis and abdomen heal, and have been effective in reducing the incidence, extent and severity of adhesions following surgery.

Seprafilm Adhesion Barrier is composed of chemically modified carbohydrates, or complex sugars, that occur naturally within the body and are common components of food, cosmetic and pharmaceutical products. The absorbable barrier is placed on the surgical wound site before closure to prevent adhesions from forming. The film becomes a gel and is slowly absorbed by the body within a week, while normal tissue healing takes place. Components are passed from the body in less than 28 days.

In a recent study, patients treated with Seprafilm demonstrated a significant decrease in the incidence of adhesions at repeat C-section, as well as a decrease in delivery time. Learn more at [www.seprafilm.com](http://www.seprafilm.com).