

# Manual Remove Of Placenta

## Step III

When the placenta has been located, let go of the cord and move that hand onto the abdomen to support the fundus abdominally and to provide counter-traction to prevent uterine inversion.

Move the fingers of the hand in the uterus laterally until the edge of the placenta is located. Supporting the fundus while detaching the placenta



Manual removal of placenta is a medical procedure employed to address instances where the placenta does not detach naturally from the uterine wall after childbirth. This situation, known as retained placenta, can pose significant risks to the mother, including severe bleeding, infection, and other complications. Understanding the manual removal process, its indications, risks, and recovery can empower both healthcare providers and patients to navigate this challenging situation effectively.

## Understanding the Placenta and Its Functions

The placenta is a vital organ that develops during pregnancy, connecting the developing fetus to the uterine wall. It serves several essential functions:

1. **Nutrient Transfer:** The placenta facilitates the transfer of oxygen and nutrients from the mother to the fetus.
2. **Waste Removal:** It helps remove waste products from the fetal blood, ensuring a clean and safe environment for the developing baby.
3. **Hormonal Production:** The placenta produces hormones essential for maintaining pregnancy, including human chorionic gonadotropin (hCG) and progesterone.
4. **Immunological Protection:** It provides a barrier against certain infections and helps protect the fetus from the mother's immune system.

## What is Retained Placenta?

Retained placenta occurs when the placenta remains partially or completely attached to the uterus after the baby is born. This condition can lead to several complications, including:

- **Postpartum Hemorrhage:** Excessive bleeding that can endanger the mother's life.
- **Infection:** Retained placental tissue can become a breeding ground for bacteria, leading to infections.
- **Uterine Atony:** The uterus may fail to contract properly, contributing to

further bleeding.

- Emotional Distress: The experience of retained placenta can lead to anxiety and psychological stress for the mother.

## Indications for Manual Removal of Placenta

Manual removal of the placenta is indicated in several scenarios:

1. Failure of Natural Expulsion: If the placenta does not deliver within 30 minutes to an hour after the baby is born, manual intervention may be necessary.
2. Signs of Complications: Symptoms such as excessive bleeding or signs of infection may prompt the need for immediate action.
3. Previous Retained Placenta: Women with a history of retained placenta in previous deliveries may be more likely to require manual removal.
4. Certain Medical Conditions: Conditions such as uterine fibroids or abnormal placentation (e.g., placenta previa) can increase the risk of retained placenta.

## Preparing for the Procedure

Before the manual removal of the placenta, healthcare providers typically take several preparatory steps:

1. Assessment: A thorough evaluation of the mother's condition, including vital signs and the extent of bleeding, is conducted.
2. Informed Consent: The healthcare provider explains the procedure, risks, and benefits, ensuring that the mother understands and consents to the intervention.
3. Anesthesia: Depending on the situation, local or general anesthesia may be administered to minimize discomfort during the procedure.
4. Sterile Environment: The procedure is carried out in a sterile setting, often in a delivery room or operating room.

## The Manual Removal Procedure

The manual removal of the placenta is typically performed by a trained healthcare professional, such as an obstetrician or a midwife. The procedure involves the following steps:

1. Positioning: The mother is placed in a comfortable position, usually lying on her back with her legs elevated.
2. Gentle Examination: The provider performs a gentle examination of the uterus to assess the degree of detachment of the placenta.
3. Manual Extraction:
  - Insertion: The provider inserts a gloved hand into the uterus through the cervix.
  - Separation: Using a combination of gentle pulling and pressure, the provider attempts to detach the placenta from the uterine wall.
  - Extraction: Once detached, the placenta is carefully removed from the uterus.
4. Post-Removal Inspection: After removal, the provider inspects the placenta

to ensure that it is complete and that no fragments remain in the uterus.

5. Uterine Massage: The uterus is massaged to encourage contraction and minimize bleeding.

## **Risks and Complications**

While manual removal of the placenta can be life-saving, it is not without risks. Some potential complications include:

- Infection: Introducing bacteria into the uterus can lead to postpartum infections.
- Uterine Perforation: In rare cases, the instruments or fingers used may perforate the uterus, leading to serious complications.
- Hemorrhage: Excessive bleeding can occur during or after the procedure, requiring further medical intervention.
- Anesthesia Risks: As with any procedure involving anesthesia, there are inherent risks, including allergic reactions and respiratory complications.

## **Post-Procedure Care and Recovery**

After the manual removal of the placenta, recovery involves several key considerations:

1. Monitoring: The mother will be closely monitored for signs of complications, including bleeding, infection, and changes in vital signs.
2. Medications: Pain relief and antibiotics may be prescribed to manage discomfort and reduce the risk of infection.
3. Uterine Contraction Support: Medications such as oxytocin may be administered to promote uterine contractions and prevent hemorrhage.
4. Emotional Support: It is essential to provide emotional support to the mother, as the experience can be traumatic.

## **Conclusion**

Manual removal of placenta is a critical procedure in obstetric care that addresses the serious condition of retained placenta. Understanding the indications, risks, and recovery process associated with this intervention can significantly impact maternal health outcomes. By ensuring proper preparation, skilled execution, and attentive follow-up care, healthcare providers can help mitigate the risks and promote a smoother recovery for mothers facing this challenging situation. Ultimately, patient education and emotional support are vital components in navigating the complexities of postpartum care and ensuring the well-being of both mother and child.

## **Frequently Asked Questions**

### **What is manual removal of placenta?**

Manual removal of placenta is a medical procedure where a healthcare provider

physically extracts the placenta from the uterus after childbirth, usually when it has not delivered naturally.

### **Why might manual removal of the placenta be necessary?**

It may be necessary if the placenta does not detach and expel from the uterus after delivery, which can lead to complications such as hemorrhage or infection.

### **What are the risks associated with manual removal of the placenta?**

Risks include infection, heavy bleeding, uterine perforation, and damage to surrounding organs.

### **How is manual removal of placenta performed?**

The procedure is typically performed in a sterile environment, where the provider uses their hands to grasp and detach the placenta, often under sedation or anesthesia to minimize discomfort.

### **What should a patient expect during the manual removal of the placenta?**

Patients can expect to be monitored closely for vital signs, may experience some discomfort, and will receive post-procedure care to manage any bleeding or pain.

### **How can manual removal of placenta affect future pregnancies?**

While it may not directly impact future pregnancies, complications from the procedure, such as scarring of the uterus, could potentially affect future pregnancies and delivery.

### **What are the signs that manual removal of placenta may be needed?**

Signs include prolonged bleeding after delivery, failure of the placenta to deliver within 30 minutes to an hour, and signs of infection such as fever or severe abdominal pain.

### **What is the recovery process like after manual removal of placenta?**

Recovery may involve monitoring for bleeding, pain management, and follow-up care to ensure no complications arise; most women can return to normal activities within a few weeks.

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