

Your Recovery After Vaginal Birth

After you give birth, a nurse will check you and answer any questions you may have. During your stay, the nurses will teach you how to care for yourself and your baby.

Changes in Your Body

- A nurse will feel your abdomen to check your uterus while you are in the hospital. If your uterus is soft, your nurse will rub your abdomen to help the uterus become firm.
- You will have bleeding from your vagina for 2-4 weeks. During the first few days, the bleeding is like a heavy menstrual period. You may pass small blood clots. The bleeding will decrease and change to pink, dark brown, and then clear. Do not use tampons. Use sanitary pads.
- Your breasts will fill with milk 3-5 days after you give birth and become firm and sore. They may leak at times.
- You may have constipation. A stool softener or laxative may be ordered.
- Tell your nurse if you have problems urinating.

Activity

- Ask the staff for help the first few times you get out of bed.
- Sit up for a couple of minutes before you start to walk.
- If you feel light headed or dizzy while in the bathroom, pull the emergency call light on the bathroom wall for help.
- Walk in the hallways 3-4 times a day for 5-10 minutes.

Diet

You may feel tired and hungry. You will get fluids through an IV (intravenous) in your hand or arm until you are drinking well. Drink plenty of fluids. You will be offered light food at first and then you can eat your normal diet.

您在陰道分娩之後的恢復

在您分娩之後，護士將對您進行檢查，並解答您可能有的任何疑問。在您住院期間，護士將教您如何照料您自己和您的寶寶。

您的身體的變化

- 在您住院期間，護士將觸摸您的腹部，檢查您的子宮情況。如果您的子宮是柔軟的，護士將摩擦您的腹部，幫助子宮變硬。
- 您的陰道將持續出血 2-4 周。在頭幾天，出血類似經血過多。您會排出小血塊。出血將減少，顏色將轉變為粉紅色、深棕色然後變成透明。不要使用月經棉條。請使用衛生巾。
- 您的乳房將在分娩後 3-5 天以內充滿乳汁，並變硬和發疼。乳房有時會滲出乳汁。
- 您可能會患上便秘。可能要醫囑開大便軟化劑或瀉藥。
- 如果您有排尿問題，請告知您的護士。

活動

- 開始幾次下床時，請要工作人員幫忙。
- 在您開始走路之前，請坐起來幾分鐘。
- 如果您在洗手間感到暈眩，請拉下洗手間的緊急呼喚燈求助。
- 每天在過道中走路 3-4 次，每次走 5-10 分鐘。

飲食

您可能會感到疲勞和饑餓。您將從手部或臂部接受皮下輸液，直到您能夠正常飲水。請喝大量液體。醫護人員最初將向您提供清淡食物，然後您可恢復食用正常飲食。

Manage Pain

Pain and cramping are normal. Stitches may cause burning or stinging. **Ask for pain medicine when you need it.** The medicine may not get rid of your pain but it will make it better. Manage your pain so you can care for yourself, your baby and be active.

How to manage pain in the area around your vagina and anus called the perineal area:

- Place an ice pack on your perineal area the first day for short amounts of time to decrease pain and swelling.
- Take a warm bath. Baths can be started 24 hours after giving birth.
- Apply a topical medicine such as a spray or cream to help relieve rectal pain from hemorrhoids.

Peri Care

Keep the perineal area clean to prevent infection and stop odor. This is called peri care. You will be given a plastic bottle to fill with warm water. Each time you use the toilet, use the plastic bottle to squirt warm water over your perineal area.

Change your sanitary pad each time you use the toilet. Wash your hands with soap and water.

Showering

A shower may feel good and help you relax. Have someone help you with the first shower.

Going Home from the Hospital

Your nurse will help you prepare to go home with your baby. Information will be given to you on how to care for yourself and your baby.

控制疼痛

疼痛和痙攣都是正常現象。縫口可能會產生燒灼感或刺痛。如果您需要，請索要止痛藥。藥物不一定能夠使您解除疼痛，但會減緩疼痛。控制您的疼痛，以便您能夠照料自己、您的寶寶並積極活動。

如何控制稱為會陰區的陰道和肛門周圍的疼痛：

- 在第一天，將一包冰塊放在您的會陰區一小會兒，以減少疼痛和腫脹。
- 洗一個熱水澡。在分娩 24 小時後即可洗澡。
- 塗抹噴劑或藥膏等局部藥物，幫助減緩由痔瘡引起的直腸疼痛。

會陰區護理

保持會陰區清潔，以防感染並消除異味。這被稱為會陰區護理。醫護人員將給您一個塑膠瓶，用於盛裝溫水。您每次坐馬桶時，請使用塑膠瓶，將熱水噴在您的會陰區。您每次坐馬桶時，請更換您的衛生巾。用肥皂和水洗手。

淋浴

淋浴可使您感覺良好，並幫助您放鬆。第一次淋浴時請讓他人幫忙。

出院回家

您的護士將幫助您準備帶寶寶回家，並將給您資訊，告知您如何照料自己和寶寶。

Your care may include:

- Limit climbing stairs to 1-2 times each day.
- Lift nothing heavier than your baby.
- Get help doing housework for at least 2 weeks.
- Do not drive a car for at least 2 weeks.
- Do not have sexual relations until approved by your doctor. Talk to your doctor about birth control. Breastfeeding does not prevent you from becoming pregnant.
- Do not go back to work until approved by your doctor.

Call your doctor **right away** if you have:

- A fever over 101 degrees F or 38 degrees C.
- Signs of a breast infection such as fever, tenderness, redness, or a hot, hardened area, on one or both breasts.
- Heavy vaginal bleeding where you soak one sanitary pad per hour for two hours or have large blood clots.
- Foul smelling vaginal discharge—a normal discharge smells like your menstrual period.
- Problems urinating including trouble starting, burning or pain.
- No bowel movements for 3 days.
- A hot, hard spot in your leg or pain in your lower leg.
- Severe or constant pain or cramping.
- A headache, blurred vision or spots before your eyes that will not go away.
- Feelings of being very sad or feel you want to hurt yourself or your baby.

Call your doctor the first few days after you get home to schedule a follow up visit in 4-6 weeks. Talk to your doctor or nurse if you have any questions or concerns.

您的護理可包括：

- 將爬樓梯限制為每天 1-2 次。
- 擡舉的重量不要超過您的寶寶。
- 請求他人幫助做家務至少兩周。
- 至少兩周不要開車。
- 在醫生批准之前不要發生性關係。請與您的醫生討論避孕。母乳餵養並不能夠防止您懷孕。
- 在醫生批准之前不要回去上班。

如果您有下列情況，請**立即**致電給醫生：

- 發燒超過華氏 101 度或攝氏 38 度。
- 乳房感染症狀，如發燒、一側或雙側乳房觸痛、發紅、發熱、有發硬區域。
- 陰道大量出血，持續兩個小時內，每小時浸透一個衛生巾，或者有大血塊。
- 陰道排洩物發臭—正常排洩物氣味與經期相似。
- 排尿問題，包括很難排出、燒灼感或尿痛。
- 3 天無大便。
- 腿部有發熱硬點或腿下部疼痛。
- 嚴重或始終疼痛或痙攣。
- 頭痛、視力不清或看到斑點，且不會消失。
- 感到非常悲傷，或感到您想自傷或傷害寶寶。

在您回家幾天之後，請致電給您的醫生，安排在 4-6 周內接受一次後續診訪。如果您有任何疑問或疑慮，請與您的醫生或護士討論。

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