

Your Recovery After Cesarean 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 in 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

- Deep breathe and cough every two hours to prevent breathing problems. Hold a pillow or folded blanket over your incision when you cough to lessen the pain.
- **Ask the staff for help the first few times you get out of bed.**



剖腹产的产后康复

生产后，护士会给您作检查，回答您可能有的任何疑问。住院期间，护士会教您如何照顾自己和宝宝。

身体的变化

- 住院期间，护士会摸您的腹部，检查子宫状况。如子宫依然很软，护士会作腹部按摩，帮助子宫变硬。
- 产后会 2 至 4 周会有阴道出血。产后最初几天内，出血类似于经血量大的月经期出血。可能会有小血块。出血量逐渐减少，颜色依次变为粉色、深棕色，最后是透明的。不要使用卫生棉条，要使用卫生护垫。
- 产后 3 至 5 天内，乳房会胀奶，变硬且有酸痛感。乳房可能会不时漏奶。
- 可能会便秘。可使用大便软化剂或泻剂。
- 如排尿有问题，请向护士提出。

活动

- 每两小时深呼吸和咳嗽一次，以防出现呼吸问题。咳嗽时，用枕头或折起的毯子放在刀口处，以减少咳嗽引起的刀口疼痛。
- **最初几次下床时，请医院的工作人员帮忙搀扶。**



- 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. The day of surgery, you will be able to have ice chips or clear fluids. As your bowel function returns, you will be given fluids, then solid food.

Pain Control

Pain is normal. It is the most intense the first 2-3 days after surgery. Your doctor will order pain medicine for you. **Ask for pain medicine when you need it.** Manage your pain so you can care for yourself, your baby and be active. The medicine may not get rid of the pain but it will make it better.

Incision

Your incision may be up and down (vertical) or across the lower part of your abdomen (horizontal). A dressing will be placed over the incision for about 24 hours. Your nurse will check the dressing and change it as needed. After the dressing is taken off, you may shower. Tapes called steri strips will be placed over the incision. They will fall off on their own. **Do not** pull them off. You may trim the edges as they curl. Your nurse will show you how to care for your incision before you go home. Watch your incision for signs of infection such as redness, swelling, pain, warmth and drainage.

Peri Care

Keep the area around your vagina and anus called 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.

- 行走前，坐立几分钟。
- 在浴室内如感到头晕或眩晕，**拉亮浴室墙上的紧急呼叫灯求助。**
- 每天在走廊内行走 3 至 4 次，每次 5 至 10 分钟。

饮食

您可能会感到疲倦和饥饿。在您可以正常饮水之前，作手或臂的静脉输液。手术当日，可食碎冰或清澈流体。大便功能恢复后，可进流食，然后进固体食物。

疼痛控制

术后疼痛是正常现象。术后 2 至 3 天内疼痛最为激烈。医生会给您开止痛药。**需要止痛药时，请务必提出。**必须控制疼痛，才好照顾自己、宝宝和活动身体。药物可能无法停止疼痛，但有缓解作用。

刀口

刀口位置在下腹部，可能是上下刀口（竖切），也可能是横向刀口（横切）。刀口处会敷药大约 24 小时。护士会检查敷药处，必要时换药。不再敷药后，即可淋浴。刀口处覆有免缝胶带，待其自然脱落即可，**切勿**自行揭下。免缝胶带如发生卷边，可剪去卷边部分。在您出院回家之前，护士会教您如何护理刀口。留心刀口是否有感染迹象，例如发红、肿胀、疼痛、发烫和有液体渗出。

会阴部护理

阴道和肛门的周边区域称为**会阴部**，须保持清洁以防感染，并消除异味。这称为**会阴部护理**。医院会给您一个用来装温水的塑料瓶，每次上厕所时，用这个塑料瓶装温水冲洗会阴部。每次上厕所均要更换卫生护垫。上厕所后，用香皂和水洗手。

Showering

After the dressing and the catheter in your bladder are removed, you may shower. A shower may feel good and help you relax. Have someone help you with your first shower. **Do not** take a tub bath because of the risk of infection for 4-6 weeks or until you see your doctor for your follow up visit.

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.

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 2 hours or have large blood clots
- Foul smelling vaginal discharge—a normal discharge smells like your menstrual period

淋浴

取下敷药纱布和留置在膀胱内的引尿管后，可以洗淋浴。淋浴后，您会觉得好一些，有助放松。术后第一次淋浴时，请人在旁边协助。术后 4 至 6 周或术后随诊之前，**不得**洗盆浴，以防感染。

出院回家

护士会帮助您为带宝宝回家作准备。护士会向您提供如何照顾自己和宝宝的信息。

需注意的事项可能包括：

- 每天爬楼梯不超过 1-2 次。
- 不要提举比宝宝重的物体。
- 至少 2 周内，不要做家务。
- 至少 2 周内，不要开车。
- 经医生批准前，不得有性行为。请咨询医生生育控制措施。您不会因为哺乳而自然避孕。
- 经医生批准前，不要上班。

如出现以下情况，**立即**给医生打电话：

- 发热超过华氏 101 度或摄氏 38 度
- 有乳房感染的迹象，例如发热、一侧或两侧乳房触痛、发红或局部发烫、变硬
- 阴道大量出血，连续 2 小时，每小时浸透一块卫生护垫，或有大血块
- 阴道排泄物有恶臭味，正常排泄物的气味与月经的气味相似

- 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
- 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 your 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.

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- 有排尿问题，包括开始排尿有困难、尿道有灼热感或排尿疼痛
- 3 天没有大便
- 腿部出现发烫的硬块，或小腿疼痛
- 严重或持续的疼痛
- 头痛、视力模糊或视野中有无法消除的斑点
- 感觉非常悲伤，或有自伤或伤害宝宝的念头

回家后前几天内打电话给医生，安排产后 4 至 6 周内的随诊。如有任何疑问或担心，请向医生或护士提出。

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