

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.**



剖腹產的產後康復

生產後，護士會給您作檢查，回答您可能有的任何疑問。住院期間，護士會教您如何照顧自己和寶寶。

身體的變化

- 住院期間，護士會摸您的腹部，檢查子宮狀況。如子宮依然很軟，護士會作腹部按摩，幫助子宮變硬。
- 產後會 2 至 4 週會有陰道出血。產後最初幾天內，出血類似於經血量大的月經期出血。可能會有小血塊。出血量逐漸減少，顏色依次變為粉色、深棕色，最後是透明的。不要使用衛生棉條，要使用衛生棉。
- 產後 3 至 5 天內，乳房會脹奶，變硬且有酸痛感。乳房可能會不時漏奶。
- 可能會便秘。可使用大便軟化劑或瀉劑。
- 如排尿有問題，請向護士提出。

活動

- 每兩小時深呼吸和咳嗽一次，以防出現呼吸問題。咳嗽時，用枕頭或折起的毯子放在刀口處，以減少咳嗽引起的刀口疼痛。
- **最初幾次下床時，請醫院的工作人員幫忙攙扶。**



- 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.

- 行走前，坐立幾分鐘。
- 在浴室內如感到頭暈或眩暈，**拉亮浴室牆上的緊急呼叫燈求助。**
- 每天在走廊內行走 3 至 4 次，每次 5 至 10 分鐘。

飲食

您可能會感到疲倦和飢餓。在您可以正常飲水之前，作手或臂的靜脈輸液。手術當日，可食碎冰或清澈流體。大便功能恢復後，可進流食，然後進固體食物。

疼痛控制

術後疼痛是正常現象。術後 2 至 3 天內疼痛最為激烈。醫生會給您開止痛藥。**需要止痛藥時，請務必提出。**必須控制疼痛，才好照顧自己、寶寶和活動身體。藥物可能無法停止疼痛，但有緩解作用。

刀口

刀口位置在下腹部，可能是上下刀口（豎切），也可能是橫向刀口（橫切）。刀口處會敷藥大約 24 小時。護士會檢查敷藥處，必要時換藥。不再敷藥後，即可淋浴。刀口處覆有免縫膠帶，待其自然脫落即可，**切勿**自行揭下。免縫膠帶如發生捲邊，可剪去捲邊部分。在您出院回家之前，護士會教您如何護理刀口。留心刀口是否有感染跡象，例如發紅、腫脹、疼痛、發燙和有液體滲出。

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.

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.

會陰部護理

陰道和肛門的周邊區域稱為**會陰部**，須保持清潔以防感染，並消除異味。這稱為**會陰部護理**。醫院會給您一個用來裝溫水的塑膠瓶，每次上廁所時，用這個塑膠瓶裝溫水沖洗會陰部。每次上廁所均要更換衛生棉。上廁所後，用香皂和水洗手。

淋浴

取下敷藥紗布和留置在膀胱內的引尿管後，可以洗淋浴。淋浴後，您會感覺好一些，有助放鬆。術後第一次淋浴時，請人在旁邊協助。術後 4 至 6 週或術後隨診之前，**不得**洗盆浴，以防感染。

出院回家

護士會幫助您為帶寶寶回家作準備。護士會向您提供如何照顧自己和寶寶的資訊。

需注意的事項可能包括：

- 每天爬樓梯不超過 1-2 次。
- 不要提舉比寶寶重的物體。
- 至少 2 週內，不要做家務。
- 至少 2 週內，不要開車。
- 經醫生批准前，不得有性行爲。請向醫生諮詢避孕措施。您不會因為哺乳而自然避孕。
- 經醫生批准前，不要上班。

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
- 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.

如出現以下情況，**立即**給醫生打電話：

- 發熱超過華氏 101 度或攝氏 38 度
- 有乳房感染的跡象，例如發熱、一側或兩側乳房觸痛、發紅或局部發燙、變硬
- 陰道大量出血，連續 2 小時，每小時浸透一塊衛生棉，或有大血塊
- 陰道排泄物有惡臭味，正常排泄物的氣味與月經的氣味相似
- 有排尿問題，包括開始排尿有困難、尿道有灼熱感或排尿疼痛
- 3 天沒有大便
- 腿部出現發燙的硬塊，或小腿疼痛
- 嚴重或持續的疼痛
- 頭痛、視力模糊或視野中有無法消除的斑點
- 感覺非常悲傷，或有自殘或傷害寶寶的念頭

回家後前幾天內打電話給醫生，安排產後 4 至 6 週內的隨診。如有任何疑問或擔心，請向醫生或護士提出。

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