

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.**



Kasoo doogista ilme-lagugu soo qalay

Markaad umusho, kalkaaliso caafimaad baa ku eegi doonta oo kaaga jawaabi doonta su'aal kasta oo aad hayso. Intaad joogto dhakhtarka, kalkaalisadu waxay ku bari doontaa sida aad naftaada iyo ilmahaaga u xannaanayso.

Isbeddelka jidhkaaga

- Kalkaaliso ayaa eegi doonta oo dareemi doonta uur ku jirtaada si ay u hubiso ilma -galeenkaaga inta aad dhakhtarka joogto. Haddii uu wali jilicsan yahay ilma-geleenku, waxay kuu xidhi doontaa caloosha si uu ilma galeenku u noqdo oo u adkaado.
- Waxaa hoosta kaa iman doona dhiig muddo ah 2 ilaa 4 toddobaad. Ayaamaha hore, dhiiggu waa sidii dhiig caado oo xoog badan. Waxaa laga yaabaa in aad maryaha gaadhsiiso xinjiro dhiig ah. Dhiiggu wuu yaraan doonaa, deedna isu beddeli doonaa casuus, maariin ilaa uu noqonaayo caddaan. Ha adeegsan suufka dhiigga caadada la iskaga dhawro, balse adeegso marooyinka dhakhtarka.
- Naasahaaga caanaa ka buuxsami doona 3-5 cisho ka dib markaad umusho waanay adkaan doonaan oo ku xanuuni doonaan. Marmarka qaarkood waxaa kasoo bixi dareere.
- Waxaa laga yaabaa in calool qallal kugu dhaco. Waxaa lagu qori markaas dawo caloosha jilcisa.
- U sheeg kalkaalisadaada caafimaad haddii kaadidu ku dhibayso.

Jimicsiga

- Xoog u u nuug hawada dabadeedna qufac labadii sacadoodaba mar, si aad uga hortagto dhibaato xagga neefsashada ah. Barkimo amase buste isku laaban saar halka lagaa qalay marka aad qufacayso si xanuunku kaaga yaraado.
- **Wayddiiso shaqaalaha caawimo mararka hore ee aad sariirta ka degtysid.**



- 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.

- Fadhiiso ilaa laba daqiiqo inta aadan bilaabin inaad socoto.
- Haddii aad diido oo madaxu ku wareego marka aad maydhanayso, **soo jiid xadhigga emmerjenciga –degdegga ah – ee musqusha si cidi kuugu timaaddo ku caawisaa.**
- Soco hoolka 3-4 jeer maalintii midkiiba 5-10 daqiiqadood.

Cuntada

Waxaad dareemi daal iyo gaajo. Waxaa xididka dhiiga ku celiya wadnaha lagaa siin doonaa fuuq iyadoo sayloon lagu xidhayo gacanta ama cududda ilaa inta aad si fiican u cabbayso wax. Maalinta qalliinka, waxaa lagu siin karaa fudad baraf ah amase cabitaan saafi ah. Marka uu habka dheefshiidkaagu si fiican usoo noqdo, ayaa lagu siin cabitaan dabadeedna cunto adag.

Xadaynta Xanuunka

Xanuunku waa caadi. Wuxuu aad u badan yahay 2-3 cisho ee hore kadib marka lagu qalo. Dhakhtarkaagu wuxuu kuu qori doonaa dawo xanuun ilowsiis ah. **Waydiiso dawada xannuun illowsii marka aad u baahan tahay.** U diyaar ahow naxuunka oo is ilaali si aad naftaada iyo ta ilmahaaga u ilaaliso, una noqoto qof firfircoon. Dawadu waxaa laga yaabaa inaanay kaa wada kaxayn xanuunka balse aad ku nafisto.

Meesha lagaa qalay

Meesha lagaa qalay waxay ahaan kartaa xariiq u socota sare ilaa hoos (qotonta), amase dhex marta moxogga (jiifta). Waxaa lagugu duubi doonaa faashad ilaa 24 saacadood meesha la jeexay. Kalkaalisadaada caafimaad way hubin doontaa oo beddeli doonta faashadda markasta oo loo baahdo. Marka lagaa gooyo faashadda waad maydhan kartaa. Dun iyo balastar nadiif ah oo la yidhaahdo “steri strips” ayaa lagu dhejin doonaa meesha la qalay. Iyada ayaa duntaasi sideeda isaga dhici doota. **Hasoo jiidin** adigu. Waxaa laga yaabaa inaad goyso qodobada tolliinka. Kalkaalisada caafimaad way kuu sheegi doontaa sidii aad isu xannaanayn lahayd ka hor inta aadan kuriga tegin. Ka eeg had iyo jeer meesha qalan inay leedahay caabuuq sida dhibco madmadow oo kasoo baxa, barar iyo xanuun, amase dheecaan qoyan oo kasoo baxa.

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.

Dhowrista hoosta

Ilaali nadiifinta hoostaada, inta u dhow siilka ilaa dabada ee loo yaqaanno “perinal area” si aad uga hortagto xanuun, caabuq islamarkaana aanay u urin meeshu. Tan waxaa la yidhaahdaa **dhowrista hoosta** (peri care). Waxaa lagu siin doonaa quraarad caag ah oo aad ka buuxsato biyo diiran. Markasta oo aad muqusha gasho, adeegso caagaddaas si aad meesha oo dhan ugu nadiifiso biyahaas diirran. Markasta oo aad musqusha gasho beddel faashadaha hoosta. Gacmahaagana ku mayd biyoh iyo saabuun.

Maydhashada

Marka lagaa saaro marada iyo faashadda ku xidhan meesha la qalay, waad maydhan kartaa. Maydhashadu waxay ku dareensiin wanaag iyo inaad nasato. Waa inaad haysataa qof ku caawiya marka ugu horraysa ee aad maydhanayso. 4 ilaa 6 da toddobaad ee u horreeya **ha quusin biyaha** oo ha ku maydhan sixniga, ilaa iyo inta dhakhtarkaagu ku eegayo.

Tegista guriga markaad ka baxdo dhakhtarka

Kalkaalisada caafimaad ayaa kaa caawinaysa sidii aad ugu diyaar garoobi lahayd inaad guriga tagtaan adiga iyo ilmahaagu. Warbixin baa lagu siin doonaa si aad naftaada iyo ta ilmahaaga u dhowrtid oo isu xannaanaysaan.

Xannaanayntaas waxaa ka mid ah:

- Yaree inaad ka kortid jaranjarrooyinka, ilaa 1-2 jeer maalintii.
- Ha qaadin wax ka culus ilmahaaga.
- 2 da toddobaad ee u horreeya waa inaad haystaa cid kaa caawisa howsha guriga.
- 2 da toddobaad ee u horreeya ha kaxayn gaadhi.
- Ha samaynin galmo ilaa dhakhtarkaagu kuu oggolaado. Kala hadal dhakhtarkaaga kala dheeraysiinta carruurta. Naaska oo aad jaqsiisaa kaama ilaalinayo inaad an uur kale qaadid.
- Ha ku noqon shaqada ilaa uu dhakhtarkaagu kuu fasaxo.

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.

Si degdeg ah ula xidhiidh dhakhtarkaaga haddii aad:

- Leedahay xummad qandhoka badan 101 digrii oo F amase 38 C ah
- Calaamado in naasahaagu caabuq leeyihiin, sida haddaad dareento xummad, inay xoog u dabcaan, casaadaan, ama yeeshaan meel ad-adag, taasoo ku dhacda mid ama labada naasba
- Dhiig badan oo hoosta kaa yimaadda, oo aad ku qasbanaato inaad mid ama laba faashadood beddesho saacaddiiba ilaa laba saacadood amase xinjiro dhiig ah oo badan aad yeelato
- Inaad dareento ur qadhmun oo wadata dareere siilka ka yimaadda. Dareeraha caadiga ahi wuxuu u uraa sida marka aad caadada leedahay
- Dhibaato aad kala kulanto markaad kaajayso, sida adiga oo xanuunsada markaad bilaabayso amase hafeef aad dareento
- Haddii saddex cisho ay saxaro kaa iman waydo
- Kulayl, finan ad-adag oo lugtaada ku yaalla, amase xanuun lugaha hoose ah
- Xanuun badan amase joogto ah
- Madax xanuun, indhaha oo ku widhiwidha ama wax ku horyaacaan oo aan kaa tegin
- Inaad dareento niyad xumaan, amase aad dareento in aad rabto inaad naftaada amase ilmahaaga wax yeesho

Teleefon u dir dhakhtarkaaga ayaamo ka dib markaad guriga ku noqoto si aad uga qaadato ballan 4-6 toddobaad kadib. Kala hadal dhakhtarkaaga amase kalkaale caafimaad haddii aad wax su'aal ah hayso ama aad shaki ka qabto.