

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.**



Wawin am Mour-tak elikin juon Lotak ilo Mwijmwij (Cesarean Birth)

Elikin am kalotak, juon Nooj enaj kakolkol Euk im uak jabrewot am Kajitok. Ilo am ber ilo Jikin Ejmour eo (**hospital**), Nooj ro renaj kataken Euk kin Wawin am kejbarok am Mour im barainwot kejbarok Mour eo an Ninnin eo nejom.

Ukukotak ko ilo Enbwinom

- Juon Nooj enaj tolme Lojem bwe en kakolkol Jikin Ninnin eo am (**uterus**) ilo Iien eo kwoj ber ilo Jiken Ejmour eo (**hospital**). Elane Jikin Ninnin eo (**uterus**) ej pidodo, Nooj eo am enaj bite Lojem bwe Jikin Ninnin eo am en kijnene lok.
- Kwonaj botoktok jen Jikin an walok Ninnin eo (**vagina**) iumin 2-4 Wiik. Ilo Ran ko jinoin, Botoktok eo ej ainwot Naninmij in Allon eo ej elap an ddo. Komaron lo jet Mekak. Botoktok eo enaj drik lok im uktak nan Piin, Monoknok eo ej marok, inem toailik enaj erro Dan eo. Kwon jab kajerbal Tete drot en ej ber iloan Enbwinom “**Tampons**”. Komaron kajerbal Tete drot en ej ber wot ilikin Enbwinom “**sanitary pads**”.
- Tittot ko am renaj ubrak kin Milok ilo 3-5 Ran elikin am kalotak juon Ninnin im renaj kijnene im metak. Ilo jet Iien rej maron ttal.
- Komaron bon. Komaron kajitok juon Uno in kapidodo lok Lojem.
- Konono iben Nooj eo am elane ej aban am raut.

Mokitkit

- En mulol am menono im Pokpok lok in aolep ruo Awa bwe enjelok am aban ilo menono. Jibwe juon Pet ak juon Koj ion Mwijmwij eo am ilo Iien eo kwoj Pokpok bwe en kadiklok am metak.
- **Kajitok Jiban jen dri Jerbal ro ilo jinoin am walok jen Peet eo am.**



- 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.

- Jijet iumin jet Minot mokta jen am jino etetal.
- Elane kwoj jibolul ak enjake an eddo tok boram ilo am bed iloan mon Kobjak eo, kanoke **To in Jiban eo ej toto ion Kiin Im nan an iwoj jiban.**
- Etatal ilo Iaal ko iloan Mweo tarrin 3-4 Alen ilo juon ran iomin 5-10 Minot ko.

Mona

Komaron enjake am mok im kwole. Renaj lewaj Dan non euk ilo juon Wa eo ej toto (**IV-intravenous**) im dreton ilo Peium mai Iien eo ej emmon am idaa. Ilo Ran eo elikin Mwijmwij eo am, kwonaj maron mona jidik Mottan Aij ak Dan ko rej rreo. Ilo an mour-tak Lojem, renaj lewoj non euk jet Dan ko, im tokailik lukun Mona.

Wawin am dapdep Metak eo

Metak ej walok iben aoleb Armij. Ej elap tata an metak ilo 2-3 Ran ko jinoin elikin am mwijmwij. Takto eo am enaj karike Uno in jolok metak ko am.

Kajitok am Uno in jolok Metak elane kwoj aikwoje. Dapdep Metak ko am bwe kon maron kejbarok am Mour, Mour eo an Ninnin eo nejom, im wonman lok nan am mour-tak im mokitkit ilo Mmourur. Uno eo emaron jab lukun jolok Metak eo ak enaj komman bwe en emmon lok.

Jikin Mwijmwij eo

Jikin Mwijmwij eo am ej maron wonlin/wonlol (**vertical**) ak ej maron jitbelel (**horizontal**) ilo tulolin Lojem. Renaj komman juon Korak ion Jikin Mwijmwij eo am iumin 24 Awa. Nooj eo am enaj kakolkol Euk im ukot Korak eo elane ej aikwoje. Elikin aer jolok Korak eo, komaron tutu. Jet Teep ko naetan “**steri strips**” renaj likot ion Jikin Mwijmwij eo. Rej maron utlok meke. **Kwon jab** kekake im jolok. Komaron mwijot ijo en ej meke im mejal lok. Nooj eo am enaj katakin Euk kin Wawin am kejbarok Jikin Mwijmwij eo am mokta jen am rol jen Jiken Eymour en nan Mweo Imum. Lale Jikin Mwijmwij eo am bwe kwon lo elane ejino kot, ainwot an bororo, eboj, metak, maanan im an walok Medaekek.

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.

Wawin kejbarok Jikin Kabojak eo (perineal area)

En lit am kwalkol im kejbarok aolep jikin eo iturin lok Jikin kabojak Dan im barainwot Jikin Kabojak Burij ej naetan “**perineal area**” bwe ejab walok meraekek (**infection**) im bwe en jako Bwiin nana eo. Wawin in ej naetan “**peri care**”. Renaj lewoj juon Bato komaron ttein lok kin Dan maanan. Kajojo Allen am kajer Jikin kabojak eo (**toilet**), komaron kajerbal Bato eo bwe kwon butik lok aolep Jikin kabojak eo ilo enbwinom “**perineal area**” iben Dan maanan. Ukot Tete eo am “**sanitary pad**” ilo kajojo Alen am kabojak. Amwin Peim iben Job im Dan.

Tutu

Elikin an jako Korak im Baib in Raut eo, komaron tutu. Juon Iien am tutu emaron komman bwe kwon Aenemmon. Kajitok bwe juon Armij en jiban Euk ilo jinoin am tutu. **Kwon jab** tulok ilo Tab in tutu (**bathtub**) kenike elap lok am maron lo meraiekek (**infection**) iumin 4-6 Wiik ak mai Iien eo kwoj lo lok Takto eo am ilo Iien Kakolkol eo an.

Rol nan Mweo Imum elikin am ber ilo Jikin Ejmour (Hospital)

Nooj eo am enaj jiban Kaboj Euk ilo am naj rol nan Mweo Imom iben Ninnin eo nejom. Renaj lewoj non Euk jabrewot Kamelele ko ekijien Wawin am naj kejbarok Kwe meke im barainwot Ninnin eo nejom.

Ej maron koba lok Wawin Kejbarok kein:

- Kadik lok am kajerbal Jikin Uwe (**climbing stairs**) nan 1-2 Alen ilo kajojo Ran.
- Jab kotak jabrewot eo ej elap lok Bounin jen Ninnin eo nejom.
- Kajitok jiban ilo am kareoik Mweo Imom iumin 2 Wiik.
- Kwon jab kator Wa iumin 2 Wiik.
- Jab koba lok iben Emman (Beru) mai Iien eo ej alikar an emmon iben Takto eo am. Konono iben Takto eo am ekijien am kejbarok jen am naj bar bororo. Kin wot am kaajiriri Ninnin eo nejom ilo Tittot, eban kabojrak am maron bar bororo.
- Jab rol lok non Jerbal mai Iien eo ek alikar an emmon iben Takto eo am.

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.

Kir lok Takto eo am **Kio Kio wot** elane ej walok ibom:

- Juon Bwil eo elap lok jen 101 Tiikri in Palle F ak 38 Tiikri in Iorap **(Europe) C**
- Kakolle ko an Naninmij Tittot eo **(breast infection)** ainwot Bwil, Metak, Kil bododo, ak juon Jikin ej Maanan im Kijnene, ion juon ak ruo Tittot ko
- Elap am bodokdok jen Jiken Ninnin eo ainwot ke kwoj aikwoj in kajerbal juon Tete **(sanitary pad)** ilo kajojo Awa iumin 2 Awa ka ewalok Mekak ko relap
- Juon Bwin eo elukun nana im juon Dan eo ekot — Bwin eo ej jimwe ej Bwin eo ekka an walok ilo am Mij in Allon
- Aban ilo am raut im barainwot elane ebin an jino am raut, Bwil ak Metak
- Ejelok am komman Bwidej iumin 3 Ran
- Juon Jikin ej Bwil, im Kijnene ilo Neim ak Metak ilo lol lok in Neim.
- Metak en elap an kajur ak Metak en eban ber lok
- Metak ilo Bad, am jab maron erre man lok ak jet Ilmej ko ilo man Mejam rejab im jako
- Am enjake lukun Buromij ak kwoj lumnak in kokure Euk meke ak Ninnin eo nejom

Kir lok Takto eo am ilo Ran ko jinoin elikin am rol nan Mweo Imom bwe kwon kabok juon Iien Kwelok in bar lale Euk elikin 4-6 Wiik. Konono iben Takto eo am ak Nooj eo am elane ewor am Kajitok am Inepata.

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