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.

- It is normal to have cramping of the uterus, called afterbirth pains. This often lasts for several days and may be worse during breastfeeding.

- You will have bleeding from your vagina for 2 to 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 become full and may be tender as they fill with milk, usually 3 to 5 days after you have your baby. Breastfeeding your baby often can help relieve this discomfort.

- You may have constipation. A stool softener or laxative may be ordered. Drink plenty of water and eat lots of fresh fruits, vegetables, and whole grains.

- Tell your nurse if you have problems urinating.

Your Recovery After Cesarean Birth

प्रसवपछि नस्सले तपाईंको जाँच गर्ने छ र तपाईंका कुनैपनि प्रश्नको जबाब दिन्छ। तपाईंको अस्थायलाई निवासको बेलामा, नस्सहरूले तपाईंलाई आफ्नो र आफ्नो नानीको स्वास्थ्य लाभ गर्ने भने भनी सिकाउनुहुँ।

तपाईंको शरीरमा हुने परिवर्तनहरू

- तपाईं अस्थायलाई रहेदै नस्सले तपाईंको गर्भाशयको जाँच गर्ने तपाईंको पेट छाँमेर हेने छ। तपाईंको गर्भाशय नरस्मृ भने नस्सले गर्भाशयलाई कढा पाने महत्त्व गर्नको लागि तपाईंको पेटलाई मुसांनेछ।

- पाठ्यरमा च्यामा वा पीडा हुनु स्वाभाविक हो जसलाई नानी जम्माएपछिको पीडा भैनिन्छ। यो केही दिनसम्म रहेदै र स्तनपानको दौरान झने धेरै हुन सक्दछ।

- तपाईंको योग्यबाट 2 देखि 4 दिनसम्म रक्तस्वाद हुनेछ। प्रथम केही दिनको दौरान, भारी महसूसार्थक सरह रक्तस्वाद हुनेछ। सातका साना चोइला पानी निस्कन सक्छनु। रक्तस्वाद घट्दै जानेछ र यसको रद्दमा परिवर्त्तन हुँदै युलाफी, खालो, र तस्पित्तस्का सफाइ हुनेछ। रक्तस्वाद रोकनु लुगाको बुझो नल्गाउनुहोस्। स्यानिटरी प्याडको प्रयोग गर्दै।

- नानी जम्माएको सामान्यतया 3 देखि 5 दिनमा तपाईंको स्तन भरिने छ र कोमल हुनेछ। तपाईंको नस्सलाई रबर हुनेछ। अफ्नो नानीलाई स्तनपान गराउने प्रामाण्य यसबाट हुने असिलिपनबाट आराम भएको हुनेछ।

- तपाईंलाई कम्जियत हुन सक्छ। दिसाका कमलो बनाउने वा लाभोभित सेवनका लागि भनिने छ। पश्चिम पानी पिउदौर्जो र निके मात्रामा तजा फल, सब्जी, र मोदी अख्त्र खानुहोस्।

- तपाईंलाई पिसाब केर्निमा समय हुन भने आफ्नो नस्सलाई भएको हुनेछ।
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.
• 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 to 4 times a day. Slowly increase your activity as you are able.

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. Once you feel able, you will be given solid food as your doctor allows.
If you are nauseous up after surgery, you may be given medicine.

Pain Control

Pain is normal. It is the most intense the first 2 to 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

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. Do not pull them off. They may get loose, curl, and fall off on their own. If they have not fallen off in 7 to 10 days, you may remove them.

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.

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.

चिरा

चिरामाथि करिब 24 मिनिटकाको लागि पट्टी बाँधिने छ। तपाईँले गर्नेछ र आवश्यक भए फेरि न। पट्टी निकालिएपछि तपाई तुहाउन सक्नुहुँै।

स्टेरी स्प्रेस नामक टेपहरू चिरामाथि टाँसिने। तिनलाई नदाहुङ्गहुन्छ। तपाईंलाई गुम्भ्रू गर्नेछ, बटारिएगर गन्छ, र आफ्नो झाँ गर्नुहुन्छ। यदि ती ७ देखि १० दिनमा आफ्नो झाँसिन्छ भने तपाई तिनलाई निकाल सक्नुहुँै।

तपाई घर फर्कनुअघि नस्ले चिराको स्थाहार कसरी गर्ने भनी बताउनेि।

चिरमास्टोलोग, सुनिएस्को, दुःख्याको, तातिएको र पानी बगेरी जस्ता सक्रमणको लक्षणहरूमाधि नजर राख्नुहोस्।

पेरी स्थाहार

सक्रमण र दुर्गम रोक्नको लागि पेरिनियल परिया भनिने तपाईँको योगी र गुद्वार वरीयरको स्थानलाई सफा राख्नुहोस्। यसलाई पेरी केयर भनिन्छ। तपाईँलाई न्यानो पानी भन्नको लागि एउटा प्लास्टिक बोतल दिइनेछ।

तपाईले हरेकपल्ट शौचालयको प्रयोग गर्दा आफ्नो पेरिनियल भागमा न्यानो पानी चर्च्चको लागि प्लास्टिक बोतलको प्रयोग गन्छुहो। हरेकपल्टको शौचालयको प्रयोग गरेपछि आफ्नो स्वास्थ्यस्तोलोगको स्थापित बदलिन्छुहो। आफ्ना हात साबुन र पानीले धुन्छ।

नुहाउँग्रे

पट्टी र तपाईले मुन्ता शयनको क्या पेटर हटाईपछि तपाई नुहाउन सक्नुहुँै। नुहाउपछि तपाईले रामो महसूस गर्नुहुनु र आराम पाउनमा महत मिलेन्छ। पोहिलेपटक नुहाउँदा कसैले महत लिइन्छ।

सक्रमणको जोखिम हुने हुँदै ४-६ सातासम वा अनुगमन भितिको लागि डक्टरलाई भेटन नजारुङ्ग्वदामम टब बाथ निलिन्छुहो।
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 not lift anything heavier than 10 pounds.
- 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. Normal discharge smells like your menstrual period
- Problems urinating including trouble starting, burning or pain

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. Normal discharge smells like your menstrual period
- Problems urinating including trouble starting, burning or pain

Assessment of your health after cesarean surgery includes:

- 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. Normal discharge smells like your menstrual period
- Problems urinating including trouble starting, burning or pain

Tapai ko svaro dayam samel hunchan:

- Bhynaau chhane kam dinma 1-2 patkam nai simrit raakhain.
- 10 pawabhunga badi wajn nuthain.
- Khunti 2 sattasam hamko kamaaktaka laagi madrat linain.
- Khuntima 2 Sattasam kara nahun.
- Doctorle siewo mai nidadasam yon samvam nabhinaun.
- Yojna nipaatzan ko barama apan doctor sahit kura aur nahun.
- Yojna anumati nidadasam kamaa vapas nahun.

Tapai lalai yiemdeh kune samsysa hunchi

- 101 dhrii fernainai o 38 dhrii seltiyaasambha badi ko jwro aapna
- Sattan sahramkana lahsamruchh jastai jwro au, ek na duwe sattasam narm hunchi, ratai hunchi, va garm, r keda hunchi
- Yoaniitay thare raktasam jabe 2 hhandasam harenkh ghatna erwta sanaitaris pdh bhitcha va rataka doola chakhaas umisktaun
- Yoaniitay turasam saawat. Samaay saawko gantai tapai ko mahinawari ko jastai hunchi
- Pisaa va fernitiki kathinaai, jalan va pidda sambetaka samsyamruchh
• No bowel movements for 3 days
• A hot, hard spot in your leg or pain in your lower leg
• Severe pain or pain that gets worse
• Headache not helped by medicine
• Severe pain in the stomach or upper abdomen
• A headache, blurred vision or spots before your eyes that will not go away
• Feelings of being very sad, having crying spells or mood swings that last longer than 2 weeks

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

Call 911 if you have:
• Chest pain, trouble breathing, or a seizure.
• Heavy bleeding that won’t stop.
• Thoughts of harming yourself or others.
• Any other medical emergency

911 मा कल गर्नुहोस् यदि:
• छाती दुख्दछ, सास फेरि कठिनाइ हुन छ वा मूँछि चणा आउँछ।
• नरोकिङ्कक भारी रक्तस्निव छुँछु।
• अफेलाई वा अरूलाई हानी पुढाउने विचारहुँ आउँछन्।
• अन्य कुनै चिकित्सा आपतकालको स्थितिमा।