

# Your Recovery After Vaginal 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 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 fill with milk 3 to 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

- **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 for 5 to 10 minutes.

# 您在阴道分娩之后的恢复

在您分娩之后，护士将对您进行检查，并解答您可能有的任何疑问。在您住院期间，护士将教您如何照料自己和您的宝宝。

## 您的身体变化

- 在您住院期间，护士将触摸您的腹部，检查您的子宫情况。如果您的子宫是柔软的，护士将摩擦您的腹部，帮助子宫变硬。
- 您的阴道将持续出血 2 至 4 周。在前几天，出血类似经血过多。您会排出小血块。出血将减少，颜色将转变为粉红色、深棕色然后变成透明。不要使用卫生棉条。请使用卫生巾。
- 您的乳房将在分娩后的 3 至 5 天内充满乳汁，并变硬和发疼。乳房有时会渗出乳汁。
- 您可能会便秘。可能需要医生开大便软化剂或泻药。
- 如果您有排尿问题，请告知您的护士。

## 活动

- 开始几次下床时，请工作人员帮忙。
- 在您开始走路之前，请坐起来几分钟。
- 如果您在洗手间感到晕眩，请拉下洗手间的紧急呼唤灯求助。
- 每天在过道中走路 3至4 次，每次走 5至10 分钟。

## **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. Drink plenty of fluids. You will be offered light food at first and then you can eat your normal diet.

## **Manage Pain**

Pain and cramping are normal. Stitches may cause burning or stinging. **Ask for pain medicine when you need it.** The medicine may not get rid of your pain, but it will make it better. Manage your pain so you can care for yourself, your baby and be active.

### **How to manage pain in the area around your vagina and anus called the perineal area:**

- Place an ice pack on your perineal area the first day for short amounts of time to decrease pain and swelling.
- Use a sitz bath to relieve discomfort. Sitz baths are portable bowls that fit on top of the toilet seat and can be filled with warm water. Immerse the perineal area in the water for 15 to 20 minutes, or as recommended. Gently pat dry with toilet paper. Use the sitz bath several times a day.
- Use an inflatable, donut-shaped, ring when sitting. It reduces pressure and discomfort in the perineal area.
- Take a warm bath. Baths can be started 24 hours after giving birth.
- Apply a topical medicine such as a spray or cream to help relieve rectal pain from hemorrhoids.

## **Peri Care**

Keep 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. Let air dry or gently blot with toilet paper.

Change your sanitary pad each time you use the toilet. Wash your hands with soap and water.

## 饮食

您可能会感到疲劳和饥饿。您将从手部或臂部接受皮下输液，直到您能够正常饮食。请大量饮用流质。医护人员最初将向您提供清淡食物，然后您可恢复食用正常饮食。

## 控制疼痛

疼痛和痉挛都是正常现象。缝针处可能会产生烧灼感或刺痛。**如果有需要，请索要止痛药。**药物不一定能够使您解除疼痛，但可减缓疼痛。控制您的疼痛，以便您能够照料自己和宝宝并积极活动。

### 如何控制会阴区阴道和肛门周围的疼痛：

- 在第一天，将一包冰块放在您的会阴区一小会儿以减少疼痛和肿胀。
- 使用坐浴盆缓解不适。坐浴盆是一个轻便的盆子，可以安装在马桶坐垫上方，里面放入温水。将会阴部浸泡在水中 15 至 20 分钟（或按照医生建议的时间）。用卫生纸轻轻擦干。每天用坐浴盆浸泡数次。
- 坐下时，使用可充气座圈环。它能减少会阴部的压力并缓解不适。
- 洗一个热水澡。在分娩 24 小时后即可洗澡。
- 涂抹喷剂或药膏等外用药物，帮助减缓由痔疮引起的直肠疼痛。

## 会阴区护理

保持会阴区清洁，以防感染并消除异味。这称为会阴区护理。医护人员将给您一个塑料瓶，用于盛装温水。每次如厕后，请使用塑料瓶，用温水冲洗会阴区。用吹风机吹干或用卫生纸吸干。

每次如厕后，请更换卫生巾。用肥皂和水洗手。

## **Showering**

A shower may feel good and help you relax. Have someone help you with the first shower.

## **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 the number of times you climb stairs each day.
- Lift nothing heavier than your baby.
- Get help doing housework for at least 2 weeks.
- Do not drive a car for 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 100.4 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 two hours or have large blood clots.
- Vaginal bleeding that changes color turning bright red after it has lightened and changed from pink to brown or clear.
- Foul smelling vaginal discharge—a normal discharge smells like your menstrual period.
- Problems urinating including trouble starting, burning or pain.

## 淋浴

淋浴可使您感觉良好，并帮助您放松。第一次淋浴时，请让他人帮忙。

## 出院回家

您的护士将帮助您准备带宝宝回家。并将为您提供相关信息，告知您如何照料自己和宝宝。

您的护理可包括：

- 限制每天爬楼梯的次数。
- 抬举的重量不要超过您宝宝的体重。
- 请求他人帮助做家务至少两周。
- 至少两周内不要开车。
- 在医生批准之前，不要发生性关系。请与您的医生讨论如何避孕。母乳喂养并不能防止您怀孕。
- 在医生批准之前，不要回去上班。

## 如果您有以下情况，请立刻致电医生：

- 发烧超过华氏 100.4 度或摄氏 38 度。
- 乳房感染症状，如发烧、一侧或双侧乳房触痛、发红、发热或有硬块。
- 阴道大量出血，在两小时内，每小时浸透一个卫生巾，或有大血块。
- 阴道出血的颜色变浅并从粉红色变成棕色或透明后，最后变成赤红色。
- 阴道分泌物发出异味 — 正常分泌物的气味与经期相似。
- 排尿问题，包括很难排出、有烧灼感或尿痛。

- No bowel movements for 3 days.
- A hot, hard spot in your leg or pain in your lower leg.
- Severe or constant pain or cramping.
- 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 you 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.**

- 3 天无大便。
- 腿部有发热硬块或腿下部疼痛。
- 严重或持续疼痛或痉挛。
- 头痛、视力不清或看到斑点，且不会消失。
- 感到非常悲伤，或您想自残或伤害宝宝。

在您回家几天之后，请致电医生，安排在 4至6 周内接受一次产后随访。如果您有任何疑问或关注，请与您的医生或护士讨论。

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