

# 您在阴道分娩之后的恢复

## 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.

During this time, it is normal to have cramping or “afterbirth pains” as your uterus gets back to its regular size. This cramping also helps prevent heavy bleeding. Women often have afterbirth pains for a few days after delivery. You may feel very strong afterbirth pains if you have a full bladder and during breastfeeding.

After giving birth, you will have vaginal bleeding, called lochia. During the first few days, the bleeding may be like a heavy menstrual period and you may pass small blood clots. The bleeding will decrease and get lighter in color. Women can have discharge for up to 4 to 6 weeks. Use sanitary pads instead of tampons during this time.

Your breasts will fill with milk 3 to 5 days after you give birth. They may leak at times. Your breasts may be tender and become firm. If you are breastfeeding, do it regularly and avoid missed feedings. If you are not breastfeeding, wear a supportive bra, but do not bind your breasts.

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。

在此期间，随着子宫回归其正常大小，您可能会感受到痉挛或“产后疼痛”，这是很正常的。这种痉挛同时也能帮助防止重度失血。妇女在产后通常会有长达数天的产后疼痛。当您膀胱较满或在母乳喂养期间，可能会感到强烈的产后疼痛。

产后，您将会发生阴道出血，称为恶露。一开始几天内，出血可能类似大量月经，且可能有血块。此后出血会减少，颜色也会变淡。出血可能会持续 4 到 6 周。在此期间应使用卫生巾，而非卫生棉条。

您的乳房将在分娩后 3 至 5 天以内充满乳汁。乳房有时会渗出乳汁。您的乳房可能会疼痛变硬。如果您采用母乳喂养，请定时喂养，防止错过时间。如果您不采用母乳喂养，请穿戴支撑性胸罩，不要穿裹胸。

You may have constipation. A stool softener or laxative may be ordered by your doctor. Eat foods that are high in fiber (fruits, vegetables, whole-grains) and drink plenty of water.

Tell your doctor or 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. Slowly increase your activity over the next several weeks. Make sure to rest often.

### 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. If you have stitches, they 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 and be active.

您可能会便秘。可能需要您的医生开大便软化剂或泻药。吃富含纤维的食物(水果、蔬菜、全麦),大量喝水。

如果您有排尿问题,请告知您的医生或护士。

### 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。接下来几周内慢慢增加活动量。注意多休息。

### 饮食

您可能会感到疲倦和饥饿。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。如果您有缝针,缝针处会感到灼痛或刺痛。**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并积极活动。

The perineal area, or perineum, is the area between your vagina and anus. It may tear during vaginal birth or be cut at the vagina to help your baby come out, called an episiotomy. If stitches are needed to repair the area, they do not need removed.

To manage pain in the perineum:

- 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. Soak 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.
- Take a warm bath. Baths can be started 24 hours after giving birth. Do not use bubble bath or perfumed soaps.
- Hemorrhoids are common in pregnancy and after delivery. Apply a topical medicine, such as a spray, cream or witch hazel pads, to help to help relieve rectal pain.

## 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. Gently blot with toilet paper. Change your sanitary pad each time you use the toilet or at least every 2 to 4 hours. Wash your hands with soap and water.

会阴指的是阴道和肛门之间的区域。阴道分娩期间,会阴可能会撕裂或进行会阴切开(称为会阴切开术),以帮助宝宝出生。如果需要缝针修复会阴区域,这些缝线无需拆线。

如需控制会阴疼痛:

- 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。
- 洗一个热水澡。在分娩 24 小时后即可洗澡。不要使用泡沫浴或芳香香皂。
- 妊娠期和产后出现痔疮很常见。使用外用药物,如喷雾剂、乳霜或金缕梅垫,以帮助缓解直肠疼痛。

## 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。用厕纸轻轻把水吸干。每次上厕所或每 2 至 4 小时要更换卫生巾。上厕所后,用香皂和水洗手。

## 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. Information will be given to you on how to care for yourself. Your care may include:

- Limiting the number of times you climb stairs each day.
- Lifting nothing heavier than your baby.
- Getting help doing housework for at least 2 weeks.
- Not driving a car for 2 weeks.
- Not having sexual relations until approved by your doctor. Talk to your doctor about birth control. Breastfeeding does not prevent you from becoming pregnant.
- Not going 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.

## 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

护士会帮助您为回家作准备。并将为您提供相关信息,告知您如何照料自己。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。
- 至少 2 周内,不要做家务。
- 至少 2 周内,不要开车。
- 经医生批准前,不得有性行为。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,请立即致电医生:

- 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。

- 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 or cramping.
  - A headache, blurred vision or spots before your eyes that will not go away.
  - Feelings of being very sad, hopeless, anxious, or feel you want to hurt yourself or your baby.
- 阴道排泄物发臭——正常排泄物气味与经期相似。
  - 排尿问题, 包括很难排出、有烧灼感或尿痛。
  - 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、绝望、焦虑或感到您想自残或伤害宝宝。