

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.

您在陰道分娩之後的恢復

在您分娩之後，護士將對您進行檢查，並解答您可能有的任何疑問。在您住院期間，護士將教您如何照料自己和您的寶寶。

您身體的變化

- 在您住院期間，護士將觸摸您的腹部，檢查您的子宮恢復情況。如果您的子宮是柔軟的，護士將觸摸您的腹部，幫助子宮變硬。
- 您的陰道將持續出血 2-4 週。在前幾天，出血類似經血過多。您會排出小血塊。出血量將減少，顏色將轉變為粉紅色、深棕色，然後變成透明。不要使用衛生棉條。請使用衛生棉。
- 您的乳房將在分娩後 3-5 天以內充滿乳汁，並變硬和發疼。乳房有時會溢出乳汁。
- 您可能會便秘。可能需要醫生開軟便劑或瀉劑。
- 如果您有排尿障礙，請告知您的護士。

活動

- 開始幾次下床時，請要工作人員幫忙。
- 在您開始走路之前，請坐起來幾分鐘。
- 如果您在洗手間感到暈眩，請拉下洗手間的緊急呼喚鈴求助。
- 每天在過道中散步 3-4 次，每次走 5-10 分鐘。

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.

飲食

您可能會感到疲勞和饑餓。您將從手部或臂部接受皮下輸液，直到您能夠正常飲水。請喝大量液體。醫護人員最初將向您提供清淡食物，然後您可恢復食用正常飲食。

控制疼痛

疼痛和痙攣都是正常現象。縫合處可能會產生燒灼感或刺痛。**如果您需要，請索要止痛藥。**藥物不一定能夠解除疼痛，但會減緩疼痛。控制您的疼痛，以便您能夠照料自己、您的寶寶並積極活動。

如何控制稱為會陰區的陰道和肛門周圍的疼痛：

- 在第一天，將一包冰塊放在您的會陰區一小段時間，以減少疼痛和腫脹。
- 使用坐浴盆緩解不適。坐浴盆是一個輕便的盆子，可以安裝在馬桶坐墊上方，也可以連接溫水。將會陰部浸泡在水中 15 至 20 分鐘，或按照醫生建議的時間。用衛生紙輕輕擦乾。每天用坐浴盆浸泡數次。
- 坐下時，使用可充氣座圈環。它能減少會陰部的壓力並緩解不適。
- 洗一個熱水澡。在分娩 24 小時後即可洗澡。
- 塗抹噴劑或藥膏等外用藥物，幫助減緩由痔瘡引起的直腸疼痛。

會陰區護理

保持會陰區清潔，以防感染並消除異味。這被稱為會陰區護理。醫護人員將給您一個塑膠瓶，用於盛裝溫水。每次如廁後，請使用塑膠瓶盛裝溫水，沖洗您的會陰區。用吹風機吹幹或用衛生紙吸幹。每次如廁後，請更換您的衛生棉。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.

淋浴

淋浴可使您感覺良好，並幫助您放鬆。第一次淋浴時，請讓他人幫忙。

出院回家

您的護士將幫助您準備帶寶寶回家。並將為您提供相關資訊，告知您如何照料自己和寶寶。

您的護理可包括：

- 限制每天爬樓梯的次數。
- 擡舉的重量不要超過您寶寶的體重。
- 請求他人幫做家务至少兩週。
- 至少兩週不要開車。
- 在醫生批准之前，不要發生性關係。請與您的醫生討論避孕。母乳哺餵並不能防止您懷孕。
- 在醫生批准之前，不要回去上班。

如果您有下列情況，請立即致電給醫生：

- 發燒超過華氏 100.4 度或攝氏 38 度。
- 乳房感染症狀，如發燒、一側或雙側乳房觸痛、發紅、發燙或硬結成塊。
- 陰道大量出血，持續兩個小時內，每小時浸透一塊衛生棉，或者有大血塊。
- 陰道出血的顏色在變淺，並由粉紅色變成棕色或透明後，又重新變成鮮紅色。
- 陰道分泌物發臭—正常分泌物氣味與經期相似。

- 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 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.

- 排尿障礙，包括很難排出、有燒灼感或尿痛。
- 3 天無大便。
- 腿部有發熱僵硬區或小腿疼痛。
- 劇烈或持續疼痛或痙攣。
- 頭痛、視力模糊或看到斑點，且不會消失。
- 感到非常悲傷，或感到您想自殘或傷害寶寶。

在您回家幾天之後，請致電給您的醫生，安排在 4-6 週內接受一次產後隨訪。如有任何疑問或擔憂，請諮詢您的醫生或護士。

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Your Recovery After Vaginal Birth. Traditional Chinese.