

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.

Vaš oporavak poslije poroda

Nakon što se porodite, medicinska sestra će vas pregledati i odgovoriti na sva pitanja koja budete imali. Tokom vašeg boravka, medicinske sestre će vam pokazati kako da se brinete o sebi i svojoj bebi.

Promjene na vašem tijelu

- Medicinska sestra će pregledati donji dio vašeg stomaka da provjeri vašu maternicu dok ste još u bolnici. Ako vam je maternica mekana, medicinska sestra će je masirati kako bi ona očvrstnula.
- Imat ćete vaginalno krvarenje u naredne 2 do 4 sedmice. Tokom nekoliko prvih dana krvarit ćete kao da imate obilnu menstruaciju. Moguće je da se pojave manji ugrušci krvi. Krvarenje će se smanjiti i promijeniti boju u rozu, tamno smeđu ili bezbojnu. Nemojte koristiti tampone. Koristite higijenske uloške.
- Vaše grudi će se ispuniti mlijekom u roku od 3 do 5 dana poslije poroda i postat će čvrste i bolne. Moguće je da povremeno cure.
- Moguć je i zatvor. Možete naručiti sredstvo za omekšavanje stolice ili laksativ.
- Obratite se medicinskoj sestri ukoliko budete imali problema sa mokrenjem.

Aktivnosti

- **Zamolite osoblje da vam pomogne prvih nekoliko puta kada budete ustajali iz kreveta.**
- Sjednite nekoliko minuta prije nego počnete hodati.
- Ako budete osjećali vrtoglavicu dok ste u toaletu, **stisnite svjetlo za hitnu pomoć na zidu toaleta i pričekajte pomoć.**
- Šetajte po hodnicima 3 do 4 puta dnevno po 5 do 10 minuta.

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.

Ishrana

Moguće je da ćete se osjećati umorno i da ćete biti gladni. Tekućinu ćete primati putem infuzije (intravenske) kroz šaku ili ruku sve dok ne budete mogli sami piti. Pijte puno tečnosti. Prvo će vam biti ponuđena lakša hrana i tek poslije možete preći na normalnu ishranu.

Kontroliranje bolova

Bol i grčevi su normalni. Konci mogu izazvati pečenje ili bockanje. **Tražite lijekove za smanjenje bolova kada vam budu potrebni.** Lijekovi možda neće otkloniti svu bol, ali će vam pomoći da se bolje osjećate. Ublažite bolove tako da se možete brinuti i za sebe i za svoju bebu te da možete biti aktivni.

Kako da kontrolirate bolove u predjelu vagine i anusa tj. u perinealnom predjelu:

- Stavite oblog od leda na perinealnu oblast prvi dan nekoliko puta u kratkim vremenskim intervalima kako biste smanjili otok i bol.
- Sjedećom kupkom ublažite nelagodu. Sjedeća kupka je prenosiva posuda koja se stavlja na dasku od wc školjke i koja se puni toplom vodom. Uronite perinealnu oblast u vodu na 15-20 minuta, ili na period koji vam je preporučen. Nježno posušite toaletnim papirom. Koristite sjedeću kupku nekoliko puta dnevno.
- Sjedite na šlaufu na napuhivanje. Tako ćete smanjiti pritisak i nelagodu koju osjećate u perinealnoj oblasti.
- Okupajte se u toploj kupki. Možete se kupati 24 sata nakon poroda.
- Stavite topikalni lijek, kao što je sprej ili krema, da vam pomogne pri smanjivanju bolova u rektalnom zbog hemoroida.

“Peri” njega

Održavajte perinealne dijelove tijela čistim kako biste spriječili infekciju i pojavu neugodnih mirisa. Ovo se naziva “peri” njega. Dobit ćete plastičnu flašu koju trebate napuniti toplom vodom. Svaki put kada koristite toalet, upotrijebite plastičnu flašu koja će vam poslužiti da poprskate donji dio tijela toplom vodom.

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

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.

Pustite da se koža osuši ili je nježno posušite toalet papirom. Promijenite higijenski uložak svaki put kada koristite toalet. Operite ruke sapunom i vodom.

Tuširanje

Tuširanje vam može pomoći da se opustite i osjećate bolje. Tražite pomoć prilikom prvog tuširanja.

Odlazak kući iz bolnice

Vaša medicinska sestra će vam pomoći da se pripremite za odlazak kući sa bebom. Dobit ćete informacije o tome kako da se brinete o sebi i svojoj bebi.

O sebi se možete brinuti na sljedeće načine:

- Ograničite sebi koliko ćete se puta penjati uz stepenice svaki dan.
- Ne podižite ništa što je teže od vaše bebe.
- Obezbijedite sebi pomoć u kući za bar 2 sedmice.
- Nemojte voziti dvije sedmice.
- Nemojte se upuštati u seksualne odnose dok vam to doktor ne dozvoli. Razgovarajte sa doktorom o kontracepciji. Dojenje ne može spriječiti trudnoću.
- Ne idite na posao dok vam doktor to ne dozvoli.

Pozovite doktora odmah ukoliko imate:

- Temperaturu preko 100,4 stepeni Fahrenheita ili 38 stepeni Celzijusa.
- Znakove infekcije grudi, kao što su temperatura, osjetljivost, crvenilo ili vruća i tvrda oblast na jednoj ili obje dojke.
- Teško vaginalno krvarenje gdje jedan higijenski uložak bude mokar svaki sat dva sata zaredom ili imate velike krvave ugruške.
- Vaginalno krvarenje kod kojeg se boja promijenila u jarko crvenu nakon što se smanjilo krvarenje, a iscjedak promijenio boju iz jarke u smeđu ili pak postao proziran.

- 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 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.

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- Jak miris vaginalnog pražnjenja – normalno pražnjenje ima miris normalne menstruacije.
- Probleme sa mokrenjem koji uključuju probleme sa početkom mokrenja, bol ili peckanje.
- Nemate stolicu 3 dana.
- Imate vruće, čvrsto mjesto u vašoj nozi ili bol u donjem predjelu noge.
- Oštru i konstantnu bol ili grčeve.
- Glavobolju, zamagljenost pred očima ili tačkice pred očima koje ne prestaju.
- Osjećaj velike tuge ili osjećaj da želite povrijediti sebe ili svoju bebu.

Pozovite doktora u prvih nekoliko dana poslije povratka kući kako biste dogovorili pregled u roku od 4 do 6 sedmica. Razgovarajte sa ljekarom ili medicinskom sestrom ukoliko imate bilo kakvih pitanja ili ste zabrinuti.

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Your Recovery After Vaginal Birth. Bosnian.