

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.

Bogsashadaada Ka Dib Umushaada Dabiiciga ah

Ka dib marka aad umushid, kalkaaliso ayaa ku hubin doonta oo ka jawaabi doonta wixii aad su'aalo qabtid. Inta aad cisbitaalka ku jirtid, kalkaalisooyinku waxay ku bari doonaan sida aad naftaada iyo ilmahaaga u daryeeli lahayd.

Isbeddelada ku Dhaca Jidhkaaga

- Kalkaaliso ayaa taaban doonta calooshaada si ay u hubiso ilmo-galeenkaaga inta aad ku jirtid cisbitaalka. Haddii ilmo-galeenkaagu jilicsan yahay, kalkaalisadaada ayaa duugi doonta calooshaada si ay ilmo-galeenka uga gargaarto inuu adkaado.
- Shitooda kudhiigaasee 2 ilaa 4 todobaad. Inta lagu jiro maalmaha ugu horeeya, dhiigga kaa socda waxa uu u eeg yahay dhiigga caadada oo culus. Waxa laga yaabaa inay kaa soo baxaan xinjiro dhiig oo yaryar. Dhiig-baxu waa uu yaraan doonaa waxana uu isu beddeli doonaa casaan khafiif ah, madow cawlan, ka dibna cadaan. Ha isticmaalin suufka hoosta la galiyo (tampons). Isticmaalka qoyaan-celis (pads).
- Naasooga wanka buhaan 3 ilaa 5 bari madii unuga dhala oona feelanaata. Waxa laga yaabaa inay da'aan marmarka qaarkood.
- Waxa laga yaabaa in calooshu ku adkaato. Waxa laga yaabaa in lagu qoro dawo caloosha jilcisa.
- U sheeg kalkaalisadaada haddii kaadida dhibaato kaa haysato.

Firfircooni

- **Gargaar weydiiso shaqaalaha dhawrka mar ee ugu horeeya ee aad ka degaysid sariirta.**
- Fadhiiso dhawr daqiiqadood ka hor inta aanad bilaabin socod.
- Hoo ada daremaasa madag fudeed iyo aajis madi mushqula, **riix iftiinka dagdagta ah ee gidaarka qubeeyska kuaalaw si caawin uheshaw.**
- Kadareer wadooda wiiwiin 3 ilaa 4 jeer 5 ilaa 10 dakiika malinwalba.

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.

Cuntada

Waxa laga yaabaa inaad dareentid daal iyo gaajo. Waxa dheecaano lagaa siin doonaa faleebo ama xidid-galis (IV) lagu rakibo gacantaada ama cududaada ilaa aad si fiican wax u cabi kartid. Cab cabitaano badan. Waxa marka hore lagu keeni doonaa cuntooyin fudud ka dibna waxa aad cuni kartaa cuntadaadii caadiga ahayd.

Maamul Xanuunka

Xanuun iyo maroojis waa caadi. Waxa laga yaabaa in toliddu keentu gubasho ama qaniinyo. **Weydiiso dawo xanuun marka aad u baahan tahay.** Daawada mey noqodo kartee qaraar, lakin kafeela karto. Maamul xanuunkaaga si aad u daryeeli kartid naftaada, iyo ilmahaaga oo aad fifircooni u yeelatid.

Sida loo maamulo xanuunka kaa haya aagga ku yaala inta u dhexeysa marinka ilmaha (hoosta haweenayda) iyo marinka saxarada (futada) (inta u dhexeysa labada marin) (perineal area):

- Saar xidhmo baraf ah wakhtiyo gaaban aagga u dhexeeya labada marin maalinta ugu horeysa si uu kaaga yaraado xanuunka iyo bararku.
- Isticmaal bashin feela oo ada ka raaxeysata. Mey waa bashin laqaada kora oo musqula la eg oo laka buhiyaaw biyo fardiir ah. Kadhah rid biyoo 15 ilaa 20 dhaqiiqa sidii lakiin fari. Si tartiib ah in enjaji waraqada mushqula. Isticmal bashinka marwalba malintii.
- Isticmaal wal in gubadaana, nooca moofada, wareega fadhiga. Mey yareeyaase raaxo daroda meela jijilicsan.
- Qaado qubeys/maydhasho diiran. Qubeyska waxa la bilaabi karaa 24 saacadood ka dib umusha.
- Mari dawo korka la mariyo sida mid buufis ama labeen ah si ay kaaga yareyso xanuunka malawadka ee ka imanaya babaasiirta.

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.

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.

Daryeelka Inta u Dhexeysa Labada Marin

Ka dhig nadiif aagga u dhexeeya labada marin (hoosta iyo futada) si aad uga ilaalisid caabuqid oo aad urta u joojisid. Waxa tan loo yaqaanaa daryeelka inta u dhexeysa labada marin (peri care). Waxa lagu siin doonaa weel caag ah oo aad ka buuxisid biyo diiran. Wakhti kasta oo aad isticmaashid musqusha, isticmaal weelka caagga ah si aad biyo diiran ugu tuujisid aagga u dhexeeya labada marin (hoosta iyo futada). Waraqada mushqula is ku enjaji. Beddel qoyaan-celiskaaga wakhti kasta oo aad isticmaashid musqusha. Gacmahaaga ku dhaq saabuun iyo biyo.

Qubeyska Sare-joogga ah

Waxa laga yaabaa in qubeys sare-joogga ahi kuu keeno dareen wacnaan oo uu kaa gargaaro inaad nafistid. U yeedho qof kaa gargaara qubeyska ugu horeeya.

Ka-bixista Cisbitaalka iyo Tagista Guriga

Kalkaalisadaada ayaa kaa gargaari doonta sidii adiga iyo ilmahaagu aad guriga ugu noqon lahaydeen. Waxa lagu siin doonaa war ku saabsan sidii aad u daryeeli lahayd naftaada iyo ilmahaaga.

Waxa laga yaabaa in daryeelka ay ka mid tahay:

- Usku yaraay jaran jar korooga maalin walba.
- Sare ha u qaadin wax ka culus ilmahaaga dhashay.
- Hel qof kaa gargaara shaqada guriga ugu yaraan 2 todobaad.
- Babuur in wadooy 2 todobaad.
- Ha yeelan galmo ilaa uu ka fasaxo dhakhtarkaagu. Dhakhtarkaaga kala hadal xadeynta uurka ama kala-dheereynta uurka. Naas-nuujintu kaama horjoogsanayso in aad uur yeelatid.
- Ha ku noqon shaqada ilaa dhakhtarkaagu kuu fasaxayo.

Inweer dhaktarka hoo ada lat:

- Kuleel kubadn 100.4 F mise 38 C.
- Calaamadaha caabuqidda naaska sida qandho, danqasho, casaan, ama meel kulul, oo adkaatay, oo ku taala hal naas ama labadaba.

- 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.
- 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.

- Dhiig-bax culus oo hoosta ah oo keenaya in uu kaa qoyo hal qoyaan-celis saacaddiiba mudo ah laba saacadood ama aad leedahay xinjiro dhiig oo waaweyn.
- Dhiiga shitada kukooyaaw oo isbadakaaw kalarka guduud nagadaaw mise cafee.
- Dheecaan hoostaada ka yimaada oo ur xun—dheecaanka caadiga ahi waxa la ur yahay caadadaada dhiigga.
- Dhibaato ah kaadida oo uu ku jiro bilaabista kaadida, gubasho ama xanuun.
- Kaama iman saxaro mudo ah 3 maalmood.
- Meel kulul oo adag oo ku taala lugtaada ama xanuun ah inta hoose ee lugtaada.
- Xanuun daran ama joogto ah ama maroojis.
- Madax-xanuun, aragga indhaha oo isku darsamay ama baro hor socda indhahaaga oo aan tagaynin.
- Dareen ah murugo weyn ama dareen ah in aad waxyeelo u geysatid naftaada ama ilmahaaga.

Inweer dhaktarka malin inka hoorta oo manka seeto 4 ilaa 6 todobaad in ka horeyta. La hathil taktarka misy kalkaalisytha hady ady qabty su'aaly misy quseyng.

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