

# 剖腹产的产后康复

## Your Recovery After Cesarean 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.

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。

### 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.
- It is normal to have cramping of the uterus, called afterbirth pains. This often lasts for several days and may be worse during breastfeeding.
- 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 become full and may be tender as they fill with milk, usually 3 to 5 days after you have your baby. Breastfeeding your baby often can help relieve this discomfort.
- You may have constipation. A stool softener or laxative may be ordered. Drink plenty of water and eat lots of fresh fruits, vegetables, and whole grains.
- Tell your nurse if you have problems urinating.

### 您的身体变化

- 住院期间，护士会摸您的腹部，检查子宫状况。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。
- 正常伴有子宫痉挛，又被称为分娩痛。这种现象通常会持续几天，在母乳喂养期间可能会更严重。
- 您的阴道会出血 2 至 4 周。产后最初几天内，出血类似于经血量大的月经期出血。可能会有小血块。出血量逐渐减少，颜色依次变为粉色、深棕色，最后是透明的。不要使用月经棉条。请使用卫生巾。
- 通常在分娩后的 3 至 5 天内，您的乳房会变得充盈，可能会因为充满乳汁而胀痛。经常进行母乳喂养可以缓解这种不适。
- 您可能会便秘。可使用大便软化剂或泻剂。请大量饮水，进食各种新鲜的水果、蔬菜和粗粮。
- 如排尿有问题，请向护士提出。

## Activity

- Deep breathe and cough every two hours to prevent breathing problems. Hold a pillow or folded blanket over your incision when you cough to lessen the pain.
- 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. Slowly increase your activity as you are able.

## 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.

Once you feel able, you will be given solid food as your doctor allows.

If you are nauseous up after surgery, you may be given medicine.

## Pain Control

Pain is normal. It is the most intense the first 2 to 3 days after surgery. Your doctor will order pain medicine for you. Ask for pain medicine when you need it.

Manage your pain so you can care for yourself, your baby and be active. The medicine may not get rid of the pain but it will make it better.

## 活动

- 每两小时深呼吸和咳嗽一次，以防出现呼吸问题。咳嗽时，用枕头或折起的毯子放在刀口处，以减少咳嗽引起的刀口疼痛。
- 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 3 至 4 次。请尽可能增加活动量。

## 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。

感觉好转后，请遵医嘱食用固体食物。

如果您在手术后感到恶心，可以服药缓解。

## 疼痛控制

术后疼痛是正常现象。术后 2 至 3 天内疼痛最为激烈。医生会开止痛药。如果有需要，请索要止痛药。

必须控制疼痛，才好照顾自己、宝宝和活动身体。药物可能无法停止疼痛，但有缓解作用。

## Incision

A dressing will be placed over the incision for about 24 hours. Your nurse will check the dressing and change it as needed. After the dressing is taken off, you may shower.

Tapes, called steri strips, will be placed over the incision. Do not pull them off. They may get loose, curl, and fall off on their own. If they have not fallen off in 7 to 10 days, you may remove them.

Your nurse will show you how to care for your incision before you go home.

Watch your incision for signs of infection such as redness, swelling, pain, warmth and drainage.

## Peri Care

Keep the area around your vagina and anus, called 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. Change your sanitary pad each time you use the toilet. Wash your hands with soap and water.

## Showering

After the dressing and the catheter in your bladder are removed, you may shower. A shower may feel good and help you relax. Have someone help you with your first shower.

**Do not** take a tub bath because of the risk of infection for 4-6 weeks or until you see your doctor for your follow up visit.

## 刀口

刀口处会敷药大约24小时。护士会检查敷药处，必要时换药。不再敷药后，即可淋浴。

刀口处覆有免缝胶带。切勿自行揭下。胶带可能会松动、卷曲并自行脱落。如果在 7 到 10 天内未自行脱落，请将其揭下。

在您出院回家之前，护士会教您如何护理刀口。

留心刀口是否有感染迹象，例如发红、肿胀、疼痛、发烫和有液体渗出。

## 会阴区护理

阴道和肛门的周边区域称为**会阴部**，须保持清洁以防感染，并消除异味。这称为**会阴部护理**。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。每次上厕所均要更换卫生护垫。上厕所后，用香皂和水洗手。

## 淋浴

取下敷药纱布和留置在膀胱内的引尿管后，可以洗淋浴。淋浴可使您感觉良好，并帮助您放松。术后第一次淋浴时，请人在旁边协助。

术后 4 至 6 周或术后随诊之前，**不得**洗盆浴，以防感染。

## 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 climbing stairs to 1-2 times each day.
- Lift not lift anything heavier than 10 pounds.
- Get help doing housework for at least 2 weeks.
- Do not drive a car for at least 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 101 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 2 hours or have large blood clots
- Foul smelling vaginal discharge. Normal discharge smells like your menstrual period
- Problems urinating including trouble starting, burning or pain

## 出院回家

护士会帮助您为带宝宝回家作准备。护士会向您提供如何照顾自己和宝宝的信息。

### 您的护理可包括：

- 每天爬楼梯不超过1-2次。
- 切勿手提超过 10 磅重的东西。
- 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。
- 经医生批准前，不要上班。

### 如果出现以下情况，请立即致电医生：

- 发热超过华氏 101 度或摄氏 38 度
- 有乳房感染的迹象，例如发热、一侧或两侧乳房触痛、发红或局部发烫、变硬
- 阴道大量出血，连续 2 小时，每小时浸透一块卫生护垫，或有大血块
- 阴道分泌物异味。正常分泌物的味道类似经血
- 有排尿问题，包括开始排尿有困难、尿道有灼热感或排尿疼痛

- No bowel movements for 3 days
- A hot, hard spot in your leg or pain in our lower leg
- Severe pain or pain that gets worse
- Headache not helped by medicine
- Severe pain in the stomach or upper abdomen
- A headache, blurred vision or spots before your eyes that will not go away
- Feelings of being very sad, having crying spells or mood swings that last longer than 2 weeks

Call your doctor the first few days after your 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.

### Call 911 if you have:

- Chest pain, trouble breathing, or a seizure.
- Heavy bleeding that won't stop.
- Thoughts of harming yourself or others.
- Any other medical emergency

- 3 天没有大便
- 腿部有发热硬块或腿下部疼痛
- 剧烈疼痛或疼痛加剧
- 药物无法缓解的头痛
- 胃或上腹部剧烈疼痛
- 头痛、视力模糊或视野中有无法消除的斑点
- 感觉非常难过、哭泣呢喃或情绪波动，持续超过 2 周

回家后前几天内打电话给医生，安排产后 4 至 6 周内的随诊。如果您有任何疑问或疑虑，请咨询您的医生或护士。

### 如果出现以下情况，请立即致电 911:

- 胸痛、呼吸困难或癫痫发作。
- 无法止住的大出血。
- 伤害自己或他人的想法。
- 任何其他急症