

Soo Kabashadaada Kadib Markii Ilmo Lagugu Qalay

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.

Kadib markaad dhasho, kalkaaliso ayaa hubin doonto caafimaadkaaga kana jawaabaysa su'aalo kasta oo aad qabi karto. Intaad isbitaalka jiipto, kalkaalisoooyinka ayaa ku bari doona sida loo daryeelo naftaada iyo ilmahaaga.

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.

Isbadalada Ku dhaca Jirkaaga

- Kalkaaliso ayaa hubin doonta calooshaada si ay u hubiso minkaaga intaad isbitaalka taalo. Haddii minkaagu jilicsan yahay, kalkaalisada ayaa duugi doonta calooshaada si minku u adkaado.
- Waa wax caadi ah in dhabar kaa qabto minka, oo loo yaqaano xanuunka dhalmada kadib. Xanuunkaan ayaa badanaa soconaaya dhawr maalmood wuuna kasii dari karaa intaad naas nuujinayso.
- Dhiig ayaa kaa socon doona siilka muddo 2 illaa 4 asbuuc ah. Inta lagu jiro dhawrka maalmood ee ugu horeeya, dhiiga ayaad moodaa sida dhiiga caadada oo badan. Waxaa kaa imaan kara xinjiro yaryar. Dhiigbaxa ayaa yaraanaaya wuxuuna isku badelayaa cawl, baroon madoow xigeen ah, kadibna biyo camal. Ha isticmaalin duubka siilka la gasho. Isticmaal suufka afka hore laga saaro.
- Naasahaaga ayaa buuxsamaaya waxayna noqon karaan kuwo jilicsan marka caano ka buuxsamaan, caadiyan 3 illaa 5 maalmood kadib markaad dhasho. Naas nuujinta ilmahaaga ayaa caadiyan kaa caawinaysa yaraynta xanuunka naasaha.

- 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.

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.

- Waxaad dareemi kartaa dibiro. Daawada saxarada jilcisa ama calool jilciye ayaa lagu dalbi karaa. Cab biyo badan oo cun miro cusub, khudaar cusub, iyo haruurka guud.
- U sheeg kalkaalisadaada haddii aad dhibaato ku qabto kaadida.

Shaqada

- Neefsiga qotada dheer ama qufaca labadii saac ba ayaa kaa difaaci kara dhibaato dhanka neefsiga ah. Saar barkin ama buste la duubay meesha lagaa qalay marka aad qufacdo si aad u yarayso xanuunka.
- Ka codso shaqaalaha inay kaa caawiyaan dhawrka jeer ee ugu horeeya si aad uga kacdo sariirta.
- Dhawr daqiiqo fariiso kahor intaadan bilaabin socodka. Haddii aad dareento madax dilaan ama wareer intaad musqusha ku jirto, riix nalka wicitaanka xaalada degdega ah ee darbiga muqusha ku yaala si aad u hesho caawimaad.
- Ku soco hoolka wayn 3 illaa 4 jeer maalintii. Si tartiib ah u kordhi jimicsigaaga markaad awoodo.

Cunto Qaadashada Nidaamsan

Waxaad dareemi kartaa daal ama gaajo. Waxaad heli doontaa biyo lagugu siinaayo tuubada IV (intravenous) oo kaaga xiran gacanta ama garabka ilaa aad wax ka cabi karto afka.

Markaad dareento inaad awoodo, waxaa lagu siin doonaa cunto adag marka dhakhtarkaaga ogolaado.

Haddii aad dareento lalabo kadib qaliinka, waxaa lagu siin karaa daawo.

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.

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.

Xakamaynta Xanuunka

Xanuunku waa wax caadi ah. Wuxuu ugu badan yahay 2 illaa 3 maalmood kadib qaliinka. Dhakhtarkaaga ayaa kuu dalbi doona daawada xanuunka. Codso daawada xanuunka markaad u baahan tahay.

Maaree xanuunkaaga si aad u daryeesho naftaada, cunugaaga aadna jimicsi u samayso. Daawada ayaa laga yaabaa inaysan kaa bi'in xanuunka laakiin ay kaa yareyso.

Meesha la jeexay

Faashad ayaa lagaa saari doonaa meesha la jeexay kudhawaad 24 saacadood. Kalkaalisadaada ayaa hubin doonta faashada kaana badelaya marka loo baahdo. Marka faashada lagaa furo, waad qubaysan kartaa.

Tolmo, loogu yeero steri strips, ayaa la saari doonaa meesha lagaa qalay. Ha jiidin tolmada. Si iskood ah ayay u dabcaayan, u furmayaana, una soo dhacaaya. Haddii aysan kaasoo dhicin 7 illaa 10 maalmood gudahood, waad iska fujin kartaa.

Kalkaalisada ayaa ku tusaysa sida loo daryeelo meesha lagaa qalay kahor inta aadan isbitaalka ka bixin.

Ka fiiri meesha lagaa qalay astaamaha caabuqa sida gaduudasho, barar, xanuun, kulayl iyo dheecaan.

Daryeelka aaga ilmo mareenka

Nadiifi aaga ku xeeran ilmo mareenkaaga iyo futada, **oo loo yaqaano aaga ilmo mareenka**, si aad uga hortagto caabuqa aadna uga dhawrto urka. Tani waxaa loo yaqaanaa **daryeelka aaga ilmo mareenka**. Waxaa lagu siin doonaa jubad caag ah oo aad ku shubanayso biyo qandac ah.

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.

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.

Mar kasta ood gasho musqusha, adeegso jumad caag ah si aad biyo diiran ugu shubto aagaaga ilmo mareenka. Badal suufka nadaafada mar kasta oo aad isticmaasho musqusha. Ku dhaq gacmahaaga saabuun iyo biyo.

Qubayska

Kadib faashada iyo jaanta kaa saaran kaadi haystaada lagaa saaro, waad qubaysan kartaa. Qubayska ayaa raaxo iyo dareen leh kuna nasin kara. U sheeg qof inuu kaa caawiyo qubayskaaga koobaad.

Haku qubaysan baaf sabab la xariirta halista caabuqa inta lagu jiro 4-6 asbuuc ama illaa aad uga tagayso dhakhtarkaaga si uu xaalkaaga u hubiyo.

Ka bixista Isbitaalka

Kalkaalisadaada ayaa kaa caawin doonta inaad u diyaar garoowga u qaadista cunugaaga guriga. Xog ayaa lagaa siin doonaa sida aad naftaada iyo ilmahaaga u daryeelayso.

Daryeelkaaga waxaa ku jiri kara:

- Kusoo koob korista jaranjarada 1-2 jeer maalin kasta.
- Inaadan qaadin wax ka culus 10 boon.
- Inaad hesho cid kaa caawisa shaqada guriga ugu yaraan 2 asbuuc.
- Inaadan gaari wadin ugu yaraan 2 asbuuc.
- Inaadan wax galmo ah samayn illaa uu kuu fasaxo dhakhtarkaagu. Kala hadal dhakhtarkaaga xakameynta uur qaadista. Inaad naas nuujinayso ilmo kaama difaacayso inaad uur qaado.
- Haku laaban shaqo ilaa uu dhakhtarkaagu kuu fasaxo.

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
- 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.

Soo wac dhaqtarkaaga isla markaas haddii aad qabto:

- Qandho ka badan 101 digrii F ama 38 digrii C
- Astaamaha kansarka naasaha sida qandho, jileec, gaduudasho, ama kulayl, meel adkaatay, hal naas ama labadaba.
- Dhiig bax badan oo kaadi mareenka kaa socda oo aad halkii saacba aad hal suuf gelinayso muddo 2 saacadoo ah ama xinjiraha dhiigu badan yihiin.
- Dheecaan xubinta taranka ka imaanaya oo ur qarmuun wata. Urka caadiga ah ee dheecaanka sida dhiiga caadada
- Dhibaato kaa haysata kaadinta ayna ku jiraan billoowga, gubasho ama xanuun
- Inaadan saxaroon muddo 3 maalmood ah
- Nabar kulul, oo adag oo kaaga yaala lugta ama xanuunka kaahaya lugta hoose.
- Xanuun daran ama xanuun kasii daraaya
- Madax xanuun aysan daawadu waxba ka tarayn
- Xanuun daran oo kaa haya caloosha ama caloosha kore
- Madax xanuun, caweeska indhaha ama nabaro kahoreeya indhahaaga oo aan kaa tagayn.
- Dareenka murug badan, inaad dareento doonista boohin ama isbadelada dareenka oo socday muddo aan ka badnayn 2 asbuuc

Wac dhakhtarkaaga dhawrka maalmood ee ugu horeeya kadib markaad guriga tagto si aad u qabsato balan lagu hubinaayo xaalkaaga 4 ilaa 6 asbuuc kadib. La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.

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

Wac 911 haddii aad qabto:

- Xabad xanuun, neef qabato, ama qalal.
- Dhiig bax badan oo aan joogsanayn.
- Fikradaha dilista naftaada ama dadka kale.
- Xaalad kasta oo kale oo caafimaad ahaan degdeg ah