

Soo kabashadaada Kaddib Dhalmada caadiga ah

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.

During this time, it is normal to have cramping or “afterbirth pains” as your uterus gets back to its regular size. This cramping also helps prevent heavy bleeding. Women often have afterbirth pains for a few days after delivery. You may feel very strong afterbirth pains if you have a full bladder and during breastfeeding.

After giving birth, you will have vaginal bleeding, called lochia. During the first few days, the bleeding may be like a heavy menstrual period and you may pass small blood clots. The bleeding will decrease and get lighter in color. Women can have discharge for up to 4 to 6 weeks. Use sanitary pads instead of tampons during this time.

Your breasts will fill with milk 3 to 5 days after you give birth. They may leak at times. Your breasts may be tender and become firm. If you are breastfeeding, do it regularly and avoid missed feedings. If you are not breastfeeding, wear a supportive bra, but do not bind your breasts.

Marka aad dhasho kaddib, kalkaaliso ayaa ku hubin doonta kaagana jawaabi doonta su`aalo kasta oo aad qabto. Inta lagu jiro joogitaan kaaga, kalkaalisayooyinka ayaa ku bari doona sida loo xannaaneeyo naftaada iyo canuggaaga.

Isbaddalada Jirkaaga

Kalkaaliso ayaa fiirin doonta uur ku jirtaada si ay u hubiso ilmo galeen kaaga inta aad isbitaalka joogto. Haddii ilmo galeen kaagu jilicsan yahay, kalkaalisadu waxay daliigi doontaa uur ku jirtaada si ay kaaga caawiso in ilma galeenku uu noqdo mid adag.

Inta lagu guda jiro waqtigaan, waa iska caadi in aad yeelato danqasho ama “xanuunada dhalmada kadanbeeya” ayadoo ilma galeen kaagu uu qaabkiisii caadiga ahaa ku soo laabanayo. Danqashadaanu sidoo kale waxay kaa caawinaysaa ka hortagga dhiig baxa culus. Dumarku inta badan waxay leeyihiin xanuunada dhalmada ka danbeeya muddo dhowr maalmood ah kaddib marka ay dhalaan. Waxaa lagaa yaabaa inaad dareento xanuun aad u xoog badan dhalmada ka dib haddii aad qabto kaadi-hays buuxda iyo inta lagu jiro mudada naasnuujinta.

Dhalmada kaddib, waxaad yeelanaysaa dhiig bax xubinta taranka ah, oo loo yaqaan lochia. Inta lagu guda jiro dhowrka maalmood ee ugu horreysa, dhiig baxu waxa uu u ekaan karaa xilli caado oo xooggan waxaadna soo saari kartaa xinjiro dhiig ah. Dhiig baxu wuu dhammaanayaa wuxuuna noqonayaa mid midabkiisu furan yahay. Dumarku waxa ay soo saari karaan ilaa 4 ilaa 6 asbuuc. Isticmaal suufka nadaafada xubita taranka bedelkii aad ka isticmaali lahayd kan gudaha loo geliyo.

Caano ayaa ka buuxsami doona naasahaaga 3 ilaa 5 maalmood kaddib marka aad dhasho. Waxaa laga yaabaa in ay da`aan waqtiyada qaar. Naasahaagu waxay ahaan karaan kuwo jilicsan kadibna noqda kuwo adag. Haddii aad naas nuujinayso, si joogto ah u naasnuuji oo ha seegin quudinta. Haddii aadan naas nuujinayn, xiro rajabeeto ku taageerta, laakiin ha xirin naasahaaga.

You may have constipation. A stool softener or laxative may be ordered by your doctor. Eat foods that are high in fiber (fruits, vegetables, whole-grains) and drink plenty of water.

Tell your doctor or 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. Slowly increase your activity over the next several weeks. Make sure to rest often.

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. If you have stitches, they 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 and be active.

Waxaa lagaa yaabaa in aad qaaddo calool fadhi. Saxaro jilciye ama laxative ayaa laga yaabaa in dhaqtarkaagu dalbo. Cun cunto ay ku badan yihiin waxyaabaha caloosha jilciya (miraha, khudaarta, haruurka noolnool) cabna biyo fara badan.

U sheeg dhaqtar kaaga ama kalkaaliyahaaga haddii aad dhibaatooyin ku qabto kaadinta.

Hawl

- **Weydiiso shaqaalaha in ay ku caawiyaan dhowrka waqti ee ugu horeysa ee sariirta kasoo kacdo.**
- Fadhiiso dhowr daqiiqadood ka hor intaadan bilaabin inaad socoto.
- Haddii aad dareento madax wareer ama diid marka aad ku jirto musqusha qabayska, soo jiid **iftiinka wicitaanka degdega ah ee ku dhagan darbiga musqusha qabayska si lagu caawiyo.**
- Ku soco wadooyinka hoolka 3 illaa 4 jeer maalintiiba muddo 5 illaa 10 daqiiqadood ah. Si tartiib ah u kordhi howlahaaga dhowrka asbuuc ee xigta. Xaqijii inaad inta badan nasato.

Cuntada

Waxaa laga yaabaa inaad daal dareento iyo gaajo. Waxaad dareere ka qaadan doontaa xididka IV (intravenous) gacan taada ama cududda ilaa aad si wanaagsan wax ugu cabayso. Cab dareerayaal fara badan. Waxaa lagu siin doonaa cunto fududd marka ugu horreysa kaddibna waxa aad cuni kartaa cuntadaada caadiga ah.

Maaree xanuunka

Xanuun iyo danqasho waa kuwo caadi ah. Haddii aad leedahay tolmooyin, waxaa laga yaabaa in ay sababaan gubasho ama mudid. **Dalbo daawada xanuunka marka aad u baahato.** Daawadu waxaa laga yaabaa in aysan meesha ka saarin xanuunkaaga, laakiin waxa ay ka dhigaysaa mid wanaagsan. U maaree xanuun kaaga si aad u daryeesho naftaada ahowna qof shaqaynaya.

The perineal area, or perineum, is the area between your vagina and anus. It may tear during vaginal birth or be cut at the vagina to help your baby come out, called an episiotomy. If stitches are needed to repair the area, they do not need removed.

To manage pain in the perineum:

- 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. Soak 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.
- Take a warm bath. Baths can be started 24 hours after giving birth. Do not use bubble bath or perfumed soaps.
- Hemorrhoids are common in pregnancy and after delivery. Apply a topical medicine, such as a spray, cream or witch hazel pads, to help to help relieve rectal pain.

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. Gently blot with toilet paper. Change your sanitary pad each time you use the toilet or at least every 2 to 4 hours. Wash your hands with soap and water.

Meesha perineal-ka ama perineum, waa meesha u dhaxaysa xubinta taranka dumarka iyo dabada. Waxay dillaaci kartaa inta lagu guda jiro dhalmada ilma mareenka ama waxaa laga jari karaa xubinta taranka si ay gacan uga gaysato in canuggaagu banaanka u soo baxo, waxaa loo yaqaan an episiotomy. Haddii tolnimada loo baahdo si loo dayactiro meesha, uma baahna in la saaro.

Si aad u maareyso xanuunka meesha u dhaxaysa dabada iyo xubinta taranka ama perineum:

- Dhig xirmo baraf ah meeshaada perineal-ka ah maalinka ugu horreysa waqtiyo gaagaaban si aad u yareyso xanuunka iyo bararka.
- Isticmaal qabayska qaarka danbe oo kaliya si aad ugu raysato xanuunka. Qabayska qaarka danbe waa saxamo la qaadqaadi karo kuwaasoo le`eg qaybta kore ee fadhiga musqusha waxaana laga buuxin karaa biyo diirran. Dhex gali meesha perineal-ka biyaha ilaa 15 ilaa 20 daqiiqo, ama sida lagu sheegay. Si wanaagsan ugu qallaji xaashiyaha musqusha. Isticmaal qabayska qaarka danbe dhowr jeer maalinkii.
- Qaado qabays diirran. Qabayska waxaa la bilaabi karaa 24 saac kaddib dhalmada. Ha isticmaalin qubeyska xumbada ama saabuun barfuumeysan.
- Bararka xididada dabada waa mid caadi ku ah uurka iyo dhalmada kaddib. U isticmaal daawo loogu tala galay, sida buufinta, kareem ama cinjirrada witch hazel, si ay kaaga caawiyaan in aad xanuunka ka raysato.

Daryeelka Peri

Ka dhig meesha perineal-ka mid nadiif ah si aad uga hortagto caabuqa aadna u joojiso urka. Tan waxaa loogu yeeraa xanaanada peri. Waxaa lagu siin doonaa dhalo caag ah si aad uga buuxsato biyo diirran. Waqti kasta oo aad musqusha bookhato, isticmaal dhalada caagga ah si aad biyaha diirran aad ugu sayrto meelaha perineal-ka ah. Si tartiib ah ugu qallaji xaashida musqusha. Baddal cinjirrada nadaafadda markasta oo aad isticmaasho musqusha ama ugu yaraan 2 ilaa 4 saac ee kasta. Ku dhaq gacmahaaga saabuun iyo biyo.

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. Information will be given to you on how to care for yourself. Your care may include:

- Limiting the number of times you climb stairs each day.
- Lifting nothing heavier than your baby.
- Getting help doing housework for at least 2 weeks.
- Not driving a car for 2 weeks.
- Not having sexual relations until approved by your doctor. Talk to your doctor about birth control. Breastfeeding does not prevent you from becoming pregnant.
- Not going 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.

Qabayska

Qabaysku waxa uu ku dareen siin karaa wanaag wuxuuna kaa caawin karaa in aad istireexdo. Hel qof kugu caawiya qabayskaaga ugu horreeya.

Marka aad isbitaalka ka baxayso oo aad guriga aadayso

Kalkaalisadaada ayaa kaa caawin doonta in aad u diyaar garowdo aadista guriga. Macluumaad ku saabsan sida aad naftaada u daryeeli lahayd ayaa lagu siin doonaa. Daryeelkaaga waxaa kamid noqon kara:

- Yaraynta inta jeer oo aad jaraanjarta fuulayso maalin kasta.
- In aadan qaadin wax kasta oo ka culus canuggaaga.
- In aad hesho caawinaad samaynta howsha guriga ah ugu yaraan 2 asbuuc.
- In aadan baabuur kaxayn ilaa 2 asbuuc.
- Inaadan samaynin xiriir galmo illaa dhakhtarka uu ka ansixiyo. Kala hadal dhaqtarkaaga waxyaabaha ku saabsan maamulidda dhalmada. Naasnuujintu kaama hor istaagayso in aad uur yeelato.
- In aadan shaqada ku laaban ilaa dhaqtarkaagu kuu caddeeyo.

Isla markiiba wac dhakhtarkaaga haddii aad qabto:

- Qandho ka sarreysa 100.4 digrii F ama 38 digree C.
- Calaamadaha caabuqa naasaha sida qandho, jileec, guduudasho, ama meel adag oo kuluul, oo ku taal mid ama labada naas.
- Dhiig bax culus oo xubinta taranka ah ayadoo aad qoynayso hal cinjirka nadaafadda ah saacaddiiba kaasoo soconaya labo saac ama in aad leedahay xinjiro dhiig ah oo waaweyn.
- Dhiig bax xubinta taranka ah taasoo midabka u badalaysa guduud ifaya kaddib marka uu furfurmo iskana baddalaya casaan xigeen si uu u noqdo bunni ama mid saafi ah.

- 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, hopeless, anxious, or feel you want to hurt yourself or your baby.
- Waxyaabo xubinta taranka kasoo baxaya oo ur xun leh—waxyaabaha soo baxa ee caadiga ah waxa ay leeyihiin urka caadada oo kale.
- Dhibaatooyin kaadinta ah oo ay kamid yihiin bilaabasho khatar ah, gubasho ama xanuun.
- Haddii aysan jirin caloosha oo socota ilaa 3 maalmood.
- Meel kuluul, oo adag oo lugtaada kutaal ama xanuun lugtaada ah.
- Xanuun daran ama joogto ah ama danqasho.
- Madax xanuun, arag cawd ah ama gaashiyo indhahaaga ka hor muuqda kuwaaso aan tagayn.
- Dareemidda inaad aad u murugaysan tahay, rajo beel, welwel, ama in aad dareemayso in aad naftaada wax yeellayso ama canuggaaga.