

# 剖腹產的產後康復

## 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.

生產後，護士會給您作檢查，回答您可能有的任何疑問。住院期間，護士會教您如何照顧自己和寶寶。

### 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.

### 身體的變化

- 住院期間，護士會摸您的腹部，檢查子宮狀況。如子宮依然很軟，護士會作腹部按摩，幫助子宮變硬。
- 正常伴有子宮痙攣，稱為分娩痛。這通常會持續幾天，在母乳餵養期間可能會更嚴重。
- 產後陰道會出血2至4週。產後最初幾天內，出血類似於經血量大的月經期出血。可能會有小血塊。出血量逐漸減少，顏色依次變為粉色、深棕色，最後是透明的。不要使用衛生棉條。要使用衛生護墊。
- 產後3至5天內，乳房會脹奶，且可能會隨着乳汁的充盈而變得脹痛。經常給寶寶餵奶可以幫助緩解這種不適。
- 可能會便秘。可使用大便軟化劑或瀉劑。多喝水，多吃新鮮水果、蔬菜和全麥穀物。
- 如排尿有問題，請向護士提出。

## 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.

## 活動

- 每兩小時深呼吸和咳嗽一次，以防出現呼吸問題。咳嗽時，用枕頭或折起的毯子放在刀口處，以減少咳嗽引起的刀口疼痛。
- 最初幾次下床時，請醫院的工作人員幫忙攙扶。
- 行走前，坐立幾分鐘。在浴室內如感到頭暈或眩暈，拉亮浴室牆上的緊急呼叫燈求助。
- 每天在走廊內行走3至4次。根據情況慢慢增加活動量。

## 飲食

可能會感到疲倦和飢餓。在可以正常飲水之前，作手或臂的靜脈輸液。

一旦感覺良好，您將獲得醫生允許，進食固體食物。

如果術後感到噁心，可以服藥減輕這種感覺。

## 疼痛控制

術後疼痛是正常現象。術後2至3天內疼痛最為激烈。醫生會給您開止痛藥。需要止痛藥時，請務必提出。

必須控制疼痛，才好照顧自己、寶寶并保持活躍。藥物可能無法消除疼痛，但有緩解作用。

## 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

刀口處會敷藥大約24小時。護士會檢查敷藥處，必要時換藥。不再敷藥後，即可淋浴。

刀口處覆有免縫膠帶。切勿自行揭下。它們會鬆動、捲邊並自行脫落。若7至10天還未脫落，可以揭下。

在出院回家之前，護士會教您如何護理刀口。

留心刀口是否有感染跡象，例如發紅、腫脹、疼痛、發燙和有液體滲出。

## 會陰部護理

陰道和肛門的周邊區域稱為**會陰部**，須保持清潔以防感染，並消除異味。這稱為**會陰部護理**。醫院會給您一個用來裝溫水的塑膠瓶。

每次上廁所時，用這個塑膠瓶裝溫水沖洗會陰部。每次上廁所均要更換衛生護墊。上廁所後，用肥皂和水洗手。

## 淋浴

取下敷藥紗布和留置在膀胱內的引尿管後，可以洗淋浴。淋浴後，您會感覺好一些，有助放鬆。術後第一次淋浴時，請人在旁邊協助。

術後4至6週或術後隨診之前，**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

護士會幫助您為帶寶寶回家作準備。護士會向您提供如何照顧自己和寶寶的資訊。

### 需注意的事項可能包括:

- 每天爬樓梯不超過1-2次。
- 不要提舉超過10磅重的物體。
- 至少2週內，不要做家務。
- 至少2週內，不要開車。
- 經醫生批准前，不得有性行為。請向醫生諮詢避孕措施。您不會因為哺乳而自然避孕。
- 經醫生批准前，不要上班。

## 如有以下狀況，立刻聯絡醫師：

- 發燒體溫超過華氏 101 度或攝氏 38 度。
- 有乳房感染的跡象，例如發熱、一側或兩側乳房觸痛、發紅或局部發燙、變硬
- 陰道大量出血，連續2小時，每小時浸透一塊衛生護墊，或有大血塊
- 陰道排泄物有惡臭味。正常排泄物的氣味與月經的氣味相似
- 有排尿問題，包括開始排尿有困難、尿道有灼熱感或排尿疼痛

- 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
- 3天沒有大便
  - 腿部出現發燙的硬塊，或小腿疼痛
  - 嚴重或加劇的疼痛
  - 藥物無法緩解的頭痛
  - 胃部或上腹劇痛
  - 頭痛、視力模糊或視野中有無法消除的斑點
  - 感覺非常悲傷，哭泣呢喃或情緒波動持續超過2週。

回家後前幾天內打電話給醫生，安排產後4至6週內的隨診。若您有任何疑問或擔憂，請諮詢您的醫生或護士。

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

### 如有以下狀況，立刻撥打911：

- 胸痛、呼吸困難或癲癇發作。
- 流血不止。
- 有傷害自己或他人的想法。
- 其他緊急醫療事件