

# 陰道分娩之後的康復

## 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.

在您分娩之後，護士將對您進行檢查，並解答您可能有的任何疑問。在您住院期間，護士將教您如何照料自己和您的寶寶。

### 您身體的變化

在您住院期間，護士將觸摸您的腹部，檢查您的子宮恢復情況。如果您的子宮是柔軟的，護士將觸摸您的腹部，幫助子宮變硬。

在此期間，隨著子宮回歸其正常大小，您可能會感受到痙攣或「產後疼痛」，這是很正常的。這種痙攣同時也能幫助防止重度失血。婦女在產後通常會有長達數天的產後疼痛。當您膀胱較滿或在母乳餵養期間，可能會感到強烈的產後疼痛。

產後，您將會發生陰道出血，稱為惡露。一開始幾天內，出血可能類似大量月經，且可能有血塊。此後出血會減少，顏色也會變淡。出血可能會持續4到6週。在此期間應使用衛生巾，而非衛生棉條。

您的乳房將在分娩後 3-5 天以內充滿乳汁。乳房有時會溢出乳汁。您的乳房可能會疼痛變硬。如果您採用母乳餵養，請定時餵養，防止錯過時間。如果您不採用母乳餵養，請穿戴支撐性胸罩，不要穿裹胸。

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.

您可能會便秘。醫生可能需要為您開軟便劑或瀉劑。吃富含纖維的食物(水果、蔬菜、全麥)，大量喝水。

如果您有排尿障礙，請告知您的醫生或護士。

### 活動

- **開始幾次下床時，請要工作人員幫忙。**
- 在您開始走路之前，請坐起來幾分鐘。
- 如果您在洗手間感到暈眩，**請拉下洗手間的緊急呼喚鈴求助。**
- 每天在過道中散步 3-4 次，每次走 5-10 分鐘。接下來幾週內慢慢增加活動量。注意多休息。

### 飲食

您可能會感到疲勞和饑餓。您將從手部或臂部接受皮下輸液，直到您能夠正常飲水。請喝大量液體。醫護人員最初將向您提供清淡食物，然後您可恢復食用正常飲食。

### 控制疼痛

疼痛和痙攣都是正常現象。如果您有縫針，縫針處會感到灼痛或刺痛。**如果您需要，請索要止痛藥。**藥物不一定能夠解除疼痛，但會減緩疼痛。必須控制疼痛，才好照料自己和積極活動。

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.

會陰指的是陰道和肛門之間的區域。陰道分娩期間，會陰可能會撕裂或進行會陰切開（稱為會陰切開術），以幫助寶寶出生。如果需要縫針修復會陰區域，這些縫線無需拆線。

如需控制會陰疼痛：

- 在第一天，將一包冰塊放在您的會陰區一小段時間，以減少疼痛和腫脹。
- 使用坐浴盆緩解不適。坐浴盆是一個輕便的盆子，可以安裝在馬桶坐墊上方，也可以連接溫水。將會陰部浸泡在水中 15 至 20 分鐘，或按照醫生建議的時間。用衛生紙輕輕擦乾。每天用坐浴盆浸泡數次。
- 洗一個熱水澡。在分娩 24 小時後即可洗澡。請勿使用泡沫浴或芳香香皂。
- 妊娠期和產後出現痔瘡很常見。使用外用藥物，如噴霧劑、乳霜或金縷梅墊，以幫助緩解直腸疼痛。

## 會陰區護理

保持會陰區清潔，以防感染並消除異味。這被稱為會陰區護理。醫護人員將給您一個塑膠瓶，用於盛裝溫水。每次如廁後，請使用塑膠瓶盛裝溫水，沖洗您的會陰區。用廁紙輕輕擦乾。每次如廁後或每2至4小時，請更換您的衛生棉。用肥皂和水洗手。

## 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.

## 淋浴

淋浴可使您感覺良好，並幫助您放鬆。第一次淋浴時，請讓他人幫忙。

## 出院回家

您的護士將幫助您為回家作準備。並將為您提供相關資訊，告知您如何照料自己。您的護理可包括：

- 限制每天爬樓梯的次數。
- 擡舉的重量不要超過您寶寶的體重。
- 請求他人幫做家务至少兩週。
- 至少兩週不要開車。
- 在醫生批准之前，不要發生性關係。請與您的醫生討論避孕。母乳哺餵並不能防止您懷孕。
- 在醫生批准之前，不要回去上班。

## 如果您有下列情況，請立即致電給醫生：

- 發燒超過華氏 100.4 度或攝氏 38 度。
- 乳房感染症狀，如發燒、一側或雙側乳房觸痛、發紅、發燙或硬結成塊。
- 陰道大量出血，持續兩個小時內，每小時浸透一塊衛生棉，或者有大血塊。
- 陰道出血的顏色在變淺，並由粉紅色變成棕色或透明後，又重新變成鮮紅色。

- 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.
- 陰道分泌物發臭—正常分泌物氣味與經期相似。
  - 排尿障礙，包括很難排出、有燒灼感或尿痛。
  - 3天無大便。
  - 腿部有發熱僵硬區或小腿疼痛。
  - 劇烈或持續疼痛或痙攣。
  - 頭痛、視力模糊或看到斑點，且不會消失。
  - 感到非常悲傷、絕望、焦慮或感到您想自殘或傷害寶寶。