

# 剖腹產產後護理指導

## Postpartum nursing guidance for caesarean section

◎在平安的剖腹生產後，以下為可能遇到的情況供您參考：

◎After a safe Caesarean section, the following are possible situations for your reference:

### 一、身體清潔

#### 1. Body cleanliness

1. 寒顫、發抖：因麻醉藥消退引起，只要保持保暖後，麻醉藥消退完全後能恢復。

1. Chills and tremors: It is caused by the anesthetic subsidence, as long as you keep warm, the anesthetic can recover after the subsidence is complete.

2. 子宮：(1)生產後第一天子宮底維持在肚臍的高度，爾後每日下降一指幅，直至產後 10 天～二週之內子宮底已下降至骨盆腔內，腹部則幾乎摸不到。(2)子宮恢復初期，由於強烈收縮所以會有「產後痛」，持續 3-4 週後即消失。

2. Uterus: (1) The fundus of the uterus is maintained at the height of the navel on the first day after delivery, and then decreases by one finger every day until the fundus of the uterus has dropped into the pelvic cavity within 10 days to 2 weeks after delivery, and the abdomen is almost touched. Less than. (2) In the early stage of uterine recovery, there will be "postpartum pain" due to strong contraction, which will disappear after 3-4 weeks.

3. 惡露變化：惡露即是脫落的子宮內膜及子宮內殘留的血液，前二、三天量較多，顏色鮮紅，腥味重；五、六天後至產後十天量較少，顏色逐漸呈紅褐色，此種情形有時可能維持至二～三星期，完全乾淨需四～六星期，應勤換產墊和外陰部沖洗。【若含大量血塊或鮮血湧出，請立即告知護理人員或返診檢查】。

3. Changes in lochia: lochia is the shedding of the endometrium and the blood remaining in the uterus. The amount in the first two or three days is more, the color is bright red, and the smell is heavy; after five or six days, the amount is less and the color is ten days after delivery. It gradually becomes reddish brown. This situation may sometimes last for two to three weeks. It takes four to six weeks for complete cleansing. Replacement pads and genital washing should be done frequently. [If there is a large amount of blood clots or blood is gushing out, please inform the nursing staff immediately or return to the clinic for examination].

4. 手術完一週內請先以擦澡方式取代洗澡，

4. Please use scrubbing instead of bathing within one week after the operation.

5. 會陰沖洗：二天內由護理人員每天為您沖洗並檢查傷口及子宮收縮狀況，其餘時間請家屬協助 3-4 小時換產墊，以保持清潔及乾爽，大小便後以沖洗器裝溫開水自行洗，

由會陰往肛門方向沖洗。沖洗器裝開水時務必使用漏斗，如圖一。

5. Perineum flushing: The nursing staff will flush and check the wound and uterine contraction for you every day within two days. The rest of the time, please family members to assist 3-4 hours to change the birth pad to keep it clean and dry. After urination and defecation, use a flusher to fill warm water. Wash by yourself, rinse from the perineum towards the anus. Be sure to use a funnel when filling the flusher with boiling water, as shown in picture 1.



圖一 沖洗器裝開水

picture 1 The flusher is filled with boiling water

## 二、飲食指導

### 2. Diet guidance

1. 進食(包括飲水)：由護理人員告知後才可進食。

1. Eating (including drinking): You can eat only after being informed by the nursing staff.

2. 飲食：採漸進式飲食，因為麻醉藥劑及手術的影響，造成腸蠕動變慢，因此剛開勿始進食太過油膩或易脹氣。一般可由流質→軟質→普通飲食。

2. Diet: Adopt a gradual diet. Because of the influence of anesthetics and surgery, bowel movements slow down, so don't eat too greasy or bloated right after the operation. Generally it can be liquid→soft→normal diet.

1. 流質食物：先喝少量溫開水，或溫的運動飲料、果汁、米湯等。

1. Liquid food: drink a small amount of warm water first, or warm sports drinks, juice, rice soup, etc.

2. 軟質食物：如稀飯或麵線等易消化食物。

2. Soft food: Digestible food such as porridge or noodles.

3. 普通食物：指一般食物。

3. Ordinary food: refers to ordinary food.

注意油膩湯類及易產氣食物暫勿食用，以免腹脹及腹瀉。如：油炸品，豆類、蛋類、奶類、蘋果或水梨、牛奶、地瓜、豆漿及豆類食品。

Note that greasy soups and gas-prone foods should not be consumed temporarily to avoid abdominal distension and diarrhea. Such as: fried products, beans, eggs, milk, apples or pears, milk, sweet potatoes, soy milk and soy foods.

### 三、下床活動

#### 3. Get out of bed

1. 活動：提早下床可促進全身血液循環、預防下肢靜脈血栓形成、避免脹氣…等，請儘早在身體狀況可負荷範圍內翻身活動以促進早日排氣及增加血液循環，使得傷口早日癒合。

1. Activities: getting out of bed early can promote blood circulation throughout the body, prevent venous thrombosis of the lower extremities, avoid flatulence, etc. Please turn over as soon as possible within the loadable range of your physical condition to promote early exhaust and increase blood circulation, so that the wound will heal as soon as possible.

2. 產後身體較虛弱，第一次下床時先將床頭搖高，確定無頭暈現象，可起身坐於床旁或床旁椅，漸進式下床，身上若有尿管、點滴、疼痛控制器…等，需有家屬陪伴，以免暈厥，發生意外傷害。

2. The body is weak after childbirth. When getting out of bed for the first time, shake the head of the bed to make sure that there is no dizziness. You can get up and sit on the bedside or bedside chair and get out of bed gradually. If there is a urinary tube, drips, or pain on the body Controller... etc., must be accompanied by family members to avoid fainting and accidental injury.

### 四、腹部傷口護理

#### 4. Abdominal wound care

1. 傷口疼痛：可為您打止痛藥或裝置疼痛控制器(少量止痛藥不致成癮，請您放心！)

1. Wound pain: can give you painkillers or install pain controllers (a small amount of painkillers will not cause addiction, please rest assured!)

2. 導尿管小便紀錄：每 500cc 傾倒後，由家屬紀錄，以了解腎臟功能恢復狀況。依醫囑為您拔除，請於 6-8 小時內應自然解小便，要到廁所解小便，因脹滿的膀胱會影響子宮收縮。

2. Urinary catheter urination record: After every 500cc is dumped, it will be recorded by family members to understand the recovery of kidney function. It will be removed according to your doctor's advice. Please urinate naturally within 6-8 hours. Go to the toilet to urinate. The full bladder will affect the uterine contraction.

3. 住院期間請保持腹部傷口乾燥，若不慎將傷口紗布弄濕，可隨時請護理人員更換乾淨的紗布。

3. Please keep the abdominal wound dry during the hospitalization. If you accidentally wet the wound gauze, you can ask the nursing staff to replace it with a clean gauze at any time.

4. 貼美容膠帶的目的是讓傷口平整，避免疤痕組織增生，平時洗完澡後僅需將貼美容膠處拍乾，若脫落一片，僅需補上一片，最好能貼六個月以上。

4. The purpose of applying cosmetic tape is to make the wound smooth and avoid the proliferation of scar tissue. After taking a bath, you only need to pat dry the area where the cosmetic tape is applied. If one piece falls off, only one patch is needed. It is best to stick it for more than six months. .

5. 束腹帶使用方式：固定於傷口上方，避免過度壓迫傷口，並保持束腹帶與腹部呈二指寬之距離，如此可避免活動時牽扯傷口引起疼痛可將您的束腹帶束於衣服外。

5. How to use the abdominal band: fix it above the wound to avoid excessive pressure on the wound, and keep the abdominal band and the abdomen at a distance of two fingers wide, so as to avoid the pain caused by the wound during the activity. Outside the clothes.

## 12. 安全問題：

### 參考資料


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若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 65 病房分機 6501、6502

婦產科衛教室分機 5403

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