

產婦出院須知

Instructions for pregnant women to be discharged from hospital

■剖腹產傷口自我照顧方法：返家後不需換藥，但請勿弄濕傷口。

Self-care method for cesarean section wounds: There is no need to change the dressing after returning home, but do not wet the wound.

■會陰部傷口自我照顧方法：大小便後，以煮過的溫開水由前往後沖洗(陰道口→肛門口)，並保持乾爽即可。

Self-care method for perineal wounds: After urination, rinse with warm boiled water from front to back (vaginal opening→anal opening) and keep it dry.

■藥物：出院時醫師會依照您的復原狀況而開藥，依照藥袋上指示服用即可。

Medication: When you leave the hospital, the doctor will prescribe the medicine according to your recovery status, and just take it according to the instructions on the medicine bag.

■出院後如有下列情形，請立即返院檢查：

Please return to the hospital for inspection immediately if you have any of the following conditions after discharge:

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| 1. 陰道大量出血或有惡臭的分泌物。 | 2. 持續發燒及腹瀉。 |
| 3. 持續性腹部疼痛或陰部疼痛。 | 4. 乳房發生紅腫疼痛的硬塊。 |

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| 1. Heavy vaginal bleeding or foul-smelling discharge. | 2. Continuous fever and diarrhea. |
| 3. Persistent abdominal pain or genital pain. | 4. Red, swollen and painful lumps in the breast. |

■返院檢查：依醫師約定時間返院作產後檢查，並做子宮頸抹片檢查

Return to hospital for examination: return to the hospital for postpartum examination and do Pap smear at the time agreed by the doctor

■產後避孕方法：

Postpartum contraception methods:

大多數的人在產後五週即可恢復房事，也可以請醫師依個人的情形做個別考量，是否可以縮短時間限制。一個最基本的常識，祇要母體的生理問題無礙且行房時會陰或剖腹產傷口不再疼痛，其實產後兩週，便可以開始有性生活。

Most people can resume intercourse within five weeks after giving birth. You can also ask your doctor to make individual considerations based on your own circumstances, whether the time limit can be shortened. One of the most basic common sense, it is only necessary that the mother's physical

problems are not hindered and the perineum or caesarean section wound is no longer painful during intercourse. In fact, two weeks after delivery, you can start having sex.

產後夫妻開始享受魚水之歡之際，往往都在產後第一次月經來潮以前，因此許多婦女認為祇要月經還沒來，產後並不會再度懷孕，其實這觀念是錯誤的。因為產後何時會第一次排卵，情形這像產後何時會月經來潮一樣無法預測。只要有排卵，就有可能會懷孕，有哺育母乳婦女(每天哺餵 5~7 次，每次至少 15 分鐘)會延遲排卵和月經的出現。

Couples start to enjoy the joy of sex after childbirth, often before the first menstrual cramps after childbirth. Therefore, many women think that as long as the menstrual period has not come, they will not get pregnant again after childbirth. In fact, this concept is wrong. Because there is no way to predict when you will ovulate for the first time after childbirth and when you will have menstrual cramps after childbirth. As long as there is ovulation, it is possible to become pregnant. Some breastfeeding women (feeding 5 to 7 times a day, at least 15 minutes each time) will delay the appearance of ovulation and menstruation.

正確的產後避孕不僅僅讓夫妻在產後享受性愛之際沒有後顧之憂，進而提高性生活的品質外，也可以避免因為與下一胎的間隔太近，而使母體受到傷害。舉凡避孕的方式林林總總，約略可分為以下幾類：荷爾蒙避孕法(口服避孕藥)、屏障避孕法(保險套、子宮帽、陰道薄膜、陰道海綿)、手術避孕法(男性及女性結紮手術)，其他避孕法如子宮內避孕器、基礎體溫量測法，性交中斷法、殺精劑等，各式各樣的避孕方法中，除了荷爾蒙避孕法會抑止母乳的分泌而不適合用於正哺育母乳的婦女，以及子宮帽、陰道薄膜、陰道海綿必需要等到產後六週子宮頸完全復原以後才能確保避孕效果外，其他的避孕方法皆可作為產後的避孕方式，而且也不會對寶寶有任何不良影響。

Correct postpartum contraception not only allows couples to have no worries when enjoying sex after childbirth, it can also improve the quality of sex life, and can also prevent the mother from being harmed because of the distance between the child and the next child. There are many methods of contraception, which can be roughly divided into the following categories: hormonal contraception (oral contraceptives), barrier contraception (condom, diaphragm, vaginal sponge), surgical

contraception (ligation for men and women), Other contraceptive methods such as intrauterine contraceptive device, basal body temperature measurement method, intercourse interruption method, spermicide, etc. Among various contraceptive methods, except hormonal contraceptive method, which inhibits the secretion of breast milk, it is not suitable for breastfeeding breast milk. Women, as well as the diaphragm, vaginal membrane, and vaginal sponge must wait until the cervix is fully recovered six weeks postpartum to ensure the contraceptive effect. Other contraceptive methods can be used as postpartum contraceptive methods, and they will not cause any harm to the baby. influences.

◎產後運動：

◎Postpartum exercise:

1. 產後腹肌鬆弛，做合宜運動可助肌肉收緊，保持身材促進產後子宮復舊。

1. Postpartum abdominal muscles relax, proper exercise can help muscles tighten, maintain the body and promote postpartum uterine involution.

2. 依個人情形，選擇適宜的運動，尤其是手術生產者，應請教醫師。

2. According to the individual situation, choose the appropriate exercise, especially the surgeon who should consult a doctor.

3. 最好在早晨或晚上按時施行，需每天做至產後兩個月為止。

3. It is best to implement it on time in the morning or evening, and it needs to be done every day until two months after delivery.

4. 做時先解小便，躺在硬板床上，起初切忌勉強或太累，次數應漸漸式增加做完運動應適當休息。其方法如下：

4. When you do exercises, first urinate and lie on a hard board. At first, you should not be reluctant or too tired. The frequency should be gradually increased. After the exercise, you should take a proper rest.

The method is as follows:

►胸部運動：產後第三天開始

Chest exercise: start on the third day after delivery

(1)平躺仰臥，全身肌肉放鬆手腳伸直，用腹部緩緩吸氣，儘量擴張胸部。

(1) Lie on your back, relax the muscles of the whole body, straighten your hands and feet, and slowly suck with your abdomen Breath, try to expand the chest.

(2)收縮小腹，將氣緩緩吐出。



- (2) Contract the lower abdomen and exhale the breath slowly.
- (3) 屏氣繼續收縮小腹，下背部緊緊貼住床面再放鬆共做五次。
- (3) Hold your breath and continue to contract the lower abdomen, press the lower back tightly on the bed and relax it for 5 times.

►乳部運動：產後第三天開始

Breast exercise: start on the third day after delivery

- (1) 仰臥床上，雙臂向左右伸展至與肩部對齊，伸直平放。

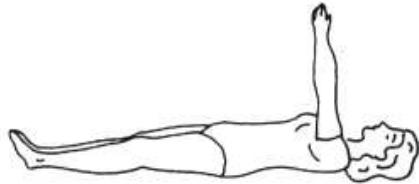
(1) Lie on your back, extend your arms to the left and right to align with your shoulders, straight and flat put.

- (2) 將兩手慢慢上舉合攏，再慢慢回復原位。

(2) Slowly raise both hands up and close together, and then slowly return to the original position.

- (3) 如圖所示共做五次。

(3) Do it 5 times as shown in the picture.



►頸部運動：產後第七天開始

Neck exercises: start on the seventh day after delivery

- (1) 仰臥床上，全身放平，手腳伸直，手掌貼身邊。

(1) Lie on your back on the bed with your whole body flat, hands and feet straight, palms against your side.

- (2) 將頭仰起，盡量向前彎，使下巴貼近胸部，再復原，共做 10 次。

(2) Raise your head and bend it forward as much as possible so that your chin is close to your chest, and then recover. Do it 10 times in total.

- (3) 做此動作時，不可牽動身體其他部份。

(3) When doing this action, do not affect other parts of the body.



► 腿部運動：產後第十天可開始。(但會陰縫補者須延至二週後可開始)

□ Leg movement: it can start on the tenth day after delivery. (However, those who have perineal sutures must be postponed to two weeks before they can start)

(1) 平躺仰臥，手腳伸直。

(1) Lie on your back with your hands and feet straight.

(2) 先將左右腳輪流向上升起，膝部須挺直，腳尖伸直，各做五次。

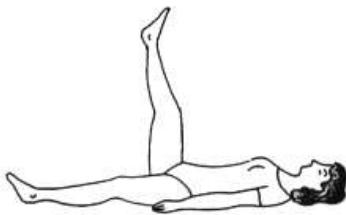
(2) Lift the left and right casters upwards in turn, with the knees straight and the toes straight, five times each.

(3) 然後同時將雙腳舉起。

(3) Then raise both feet at the same time.

(4) 注意用腹肌操作，不要利用手力。

(4) Pay attention to the operation with abdominal muscles, do not use hand power.



► 臀部運動：與腿部運動同

□ Hip exercise: same as leg exercise

(1) 仰臥床上，手腳伸直，手掌貼身邊。

(1) Lie on your back on the bed with your hands and feet stretched out and your palms close to your side.

(2) 將一腿舉起，使足部貼近臀部，大腿靠近腹部，再伸直放回床面，另一腿作同樣動作，左右兩腿各做五次。

(2) Raise one leg, bring the foot close to the buttocks, and the thigh close to the abdomen, then straighten it and put it back on the bed. Do the same movement with the other leg, five times on each leg.



► 收縮陰道運動：產後半個月開始

□ Contraction of the vagina: start half a month after childbirth

(1) 仰臥床上，雙手伸直平貼床面，兩腳彎曲分散與肩同寬，腳跟後縮，將臀部抬離床面。



(1) Lie on the bed with your hands straight and flat against the surface of the bed, your feet should be bent and spread out shoulder-width apart, your heels retracted, and your hips should be lifted off the surface of the bed.

(2) 兩膝合併同時收縮臀部肌肉，保持此姿勢 1-2 分鐘。

(2) Combine both knees and contract hip muscles at the same time, maintaining this position for 1-2 minutes.

► 腹部運動：產後半個月開始

□ Abdominal exercises: start half a month after delivery

(1) 仰臥床上，雙手交叉放在腦後，腹部或平放身側，用腰腹力量使身體坐起，反覆數次。

(1) Lie on your back on the bed, put your hands behind your head, your abdomen or your side, sit up with the strength of your waist and abdomen, repeat several times.

(2) 注意不可移動腳部，膝不可彎曲。

(2) Be careful not to move your feet and not to bend your knees.



參考資料

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婦產科衛教室分機 5403

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