

產房產後護理指導

Delivery room postpartum care guide

1. 產後兩小時需在產房**觀察兩小時**，**只可喝溫開水**，此時會評估子宮收縮、出血量、會陰傷口情形，穩定後返回婦產科病房才可進食。

1. Two hours after delivery, you need to observe in the delivery room for two hours. Only warm water is allowed. At this time, uterine contractions, bleeding, and perineal wounds will be assessed. After the patient is stable, he can return to the obstetrics and gynecology ward to eat.
2. 產後胎盤脫離子宮後會立即產生強而有力的收縮，此時子宮底會升到肚臍的水平位置或稍微高於肚臍之上；此時需**環形按摩子宮底**加強刺激子宮收縮**預防子宮出血**，之後每天下降1~2公分或者一指寬，大約在產後**10天**左右便**無法在腹部觸摸到子宮底**。大約產後**6週**子宮便可回復至懷孕前的大小和形狀。

2. Postpartum, the placenta will immediately produce strong contraction after it leaves the uterus. At this time, the uterine fundus will rise to the level of the navel or slightly above the navel; at this time, the uterine fundus should be massaged in a circular shape to stimulate uterine contractions to prevent uterine bleeding. If you drop by 1 to 2 cm or a finger width, you will not be able to touch the fundus of the uterus on the abdomen about 10 days after delivery. The uterus will return to its pre-pregnancy size and shape in about 6 weeks after delivery.
3. **惡露**是脫離子宮內膜及子宮內殘留的血液。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。如果**15分鐘一塊產墊完全浸濕**或者**1小時一塊以上的產墊完全浸濕**，則屬於產後出血現象，須要告知醫護人員。

3. Lochia is the blood remaining from the endometrium and the uterus. Lochia is the shed endometrium and the blood remaining in the uterus. The amount in the first two or three days is large, the color is bright red, and the smell is heavy; after five or six days, the amount is less and the color gradually becomes reddish brown. This situation may sometimes last for two to three weeks, and it takes four to six weeks for complete cleansing. Replacement pads and genital washing should be done frequently. If one delivery pad is completely soaked in 15 minutes or more than 1 hour, it is a postpartum hemorrhage phenomenon and medical staff must be notified.
4. **會陰傷口**若有腫痛厲害、瘀血、惡露量變多或出現像**手掌心一半大的血塊**，請告知醫護人員。

4. If the perineal wound has severe swelling and pain, blood stasis, increased lochia, or a blood clot that is half the size of the palm of your hand, please inform the medical staff.
5. 大多數產婦在分娩後會立即出現顫抖現象稱為**分娩後寒顫**，可能原因為(1)分娩後

神經反射或血管收縮或舒張不穩定(2)周遭環境溫度低(3)肌肉過度用力，給予多加被蓋及飲用溫水可減輕寒顫及增加舒適。

5. Most parturients will experience tremor immediately after childbirth, called postpartum chills, which may be caused by (1) nerve reflexes or vasoconstriction or diastolic instability after childbirth (2) low ambient temperature (3) excessive muscle exertion. Giving more covers and drinking warm water can reduce chills and increase comfort.
6. **第一次下床如廁**因快速身體姿勢改變容易產生低血壓現象故須採漸進式下床(由平躺改為坐姿時動作需緩慢，坐姿改為站姿時原地踏步無頭暈情形才能下床行走，**全程須由家屬陪同**)，再加上產後腹輕感會導致膀胱脹滿敏感度下降，故建議**5小時**解一次。
6. The first time you get out of bed to go to the toilet, because rapid body posture changes are prone to low blood pressure, you must take a gradual getting out of bed (the movement needs to be slow when changing from lying down to sitting, and there is no dizziness when stepping on the spot when changing from sitting posture to standing posture. You must be accompanied by your family during the whole process. In addition, a light feeling in the abdomen after childbirth will reduce the sensitivity of bladder fullness, so it is recommended to take it every 5 hours.

參考資料

王淑芳等 (2018)·於高美玲總校閱，實用產科護理 (8版)·台北：華杏

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉產房分機 4601、4602
婦產科衛教室分 5403

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