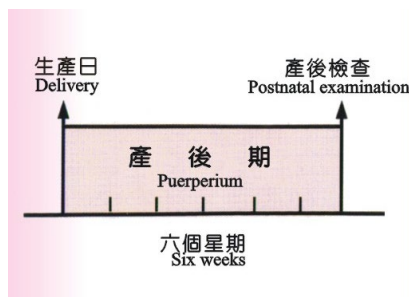


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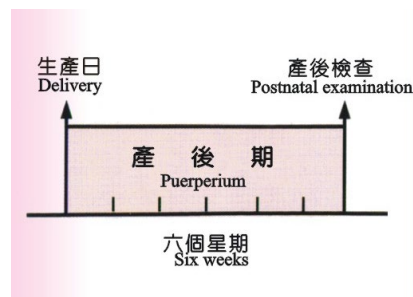
What is 'puerperium'?

The period from after delivery to the time when the mother's genital organ (mainly the uterus) has recovered to the condition before pregnancy. This usually takes six weeks.



什麼是「產後期」？

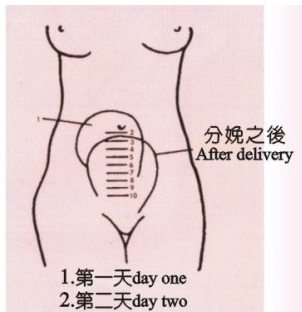
什麼是「產後期」生產過後，直到母親的生殖器官（主要是子宮）恢復到懷孕前的情形為止。通常需要六星期。



Physiological changes during puerperium

The uterus :

1. The uterus may still be above the umbilical navel that or which the second day after delivery. It then goes down one centimeter per day, which can be sensed by touching the abdomen : Eventually returns to the pelvic cavity ten days after delivery.
2. It takes six weeks for the uterus to recover to the condition before pregnancy.
3. Because of the intense contraction of the uterus, mothers may have 'afterpains' at the beginning of uterus recovery. The afterpains will last for three to four days before it is gone.

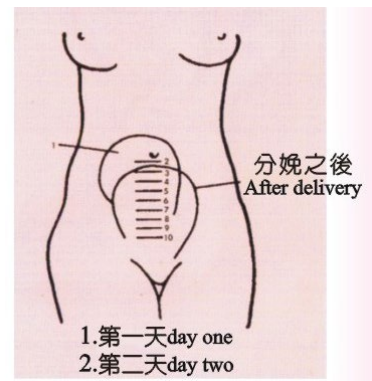


4

產後期生理的變化

子宮

1. 產後第2天的子宮底仍高於肚臍而後每天約下降一公分（可由腹部摸到），10天後才可恢復在骨盆腔內。
2. 但恢復至懷孕前的原狀，則需六週。
3. 子宮恢復初期，由於強烈收縮所以會有「產後痛」，持續3-4天後即可消失。



5

What is Lochia ?

After delivery the secretions in the uterus is or are through out. For the first three days after delivery, the secretions are bright red, plentiful in amount and offensive in smell. Then three to nine days, the secretions become brown and light in color, scarce, and free of odor. This is called 'lochia' which will last for approximately two to four weeks.

The breasts :

The breasts start to lactate yellow breast milk two to three days after delivery. This is called 'colostrum' bodies which should be fed to the baby , is rich of nutrients and immune.

Excretion :

Urine as well as sweat amount will be increased for a few days after delivery. Meanwhile, mothers are likely to have constipation and bad appetite.

惡露

產後子宮內分泌物由陰道排出，前三天顏色鮮紅、量多且腥味重，3~9天色呈褐色而逐漸變淡，量亦漸少，不應再有臭味，此現象稱「惡露」，期間約為二~四星期不等。

乳房

產後2~3天開始分泌，呈黃色之乳汁，稱為「初乳」，含豐富營養及免疫體，應該餵給小孩。

排泄

產後數天尿量增加、出汗較多，亦有便秘現象，食慾也可能較差。

Things to take note of after delivery

1. Get sufficient rest and sleep.
2. Take enough nutritious foods. Do not need avoid certain foods.
3. Take enough water such as milk or soup.
4. Pay attention to vaginal sanitary. Change sanitary pad frequently and shower twice a day. Clean up even after defecating and urinating.
5. Take a shower every day to maintain the normal function of the skin. Be sure not to take a 'bath'.
6. The second after delivery it is fine to get off the bed and move around. Make sure that you have a company for the first time getting off the bed.
7. Check the body temperature twice a day, in the morning and in the evening.
8. Six weeks after childbirth, return to the hospital where you delivered the baby. Ask the doctor or the maternity assistant to do postnatal examinations. If everything is normal, you can resume your sex life.
9. Implement the "birth control" immediately after delivery. By doing so can not only avoid frequent deliveries so as to affect the health of both the mother and the baby.

產後應注意事項

1. 要充分休息和睡眠。
2. 攝取足夠的營養食物，不必忌食。
3. 補充足夠水分 – 如牛奶、湯類等。
4. 注意陰部清潔 – 勤換衛生棉及每日清洗2次，大小便後也要清洗。
5. 每天必須沐浴，以維持皮膚正常排泄功能，但需避免「浸浴」。
6. 產後第2天即可下床活動（第一次應有人陪伴），但以不覺得累為原則。
7. 每天早晚量一次體溫。
8. 產後滿六星期必須回到幫您接生的產院或醫院，請醫師或助產士做產後檢查，如一切恢復正常，即可恢復性生活。
9. 即時實行家庭計畫，免遭「太密」之累，影響母子健康，且可保護您的青春魅力。

If any one of the following abnormal conditions occurs, go to a gynecologist-obstetrician for treatments

1. Postnatal fever: Body temperature exceeding 38° C.
2. Postpartum hemorrhage: Having red lochia over 500 cc.
3. Infection of mammary gland: Having local swelling pain in breast, or having fever with scorching heat.
4. Reddish perineum or swelling pain in perineum.

如有下列異常現象，速找婦產科醫師診治

1. 產後發燒：體溫超過38°C時。
2. 產後大出血：紅色惡露不止，超過500ml（約八分滿醬油瓶）。
3. 乳腺炎：局部腫脹疼痛和熱感發燒。
4. 會陰部發紅及腫脹現象。

Postnatal exercises

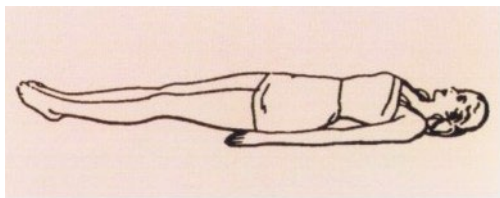
1. Doing proper relaxation exercises can help tighten abdominal muscles, keep body in shape, and accelerate the recovery of uterus.
2. Selection of exercises depends on individual health conditions. Especially mothers having a caesaren operation, consult doctors for proper exercises.
3. Do exercises in the morning or at night according to the schedule. Keep doing every day until two months after delivery.
4. Urinate before taking exercises. Lie on a bed with hard mattress. Do not over-exercise at the beginning and increase the frequency gradually. Get enough rest after exercises. Instructions for postnatal exercises.

產後運動

1. 產後腹肌鬆弛，做合宜運動可助肌肉收緊，保持身材，促進產後子宮復原。
2. 依各人情形，選擇適宜的運動，尤其是手術生產者，應請教醫師。
3. 最好在早晨或晚上按時施行，需每天做，到產後兩個月為止。
4. 做時先解小便，躺在硬板床上。起初切忌勉強或太累，次數由少漸多，做完運動，應適當休息。其方法如下：

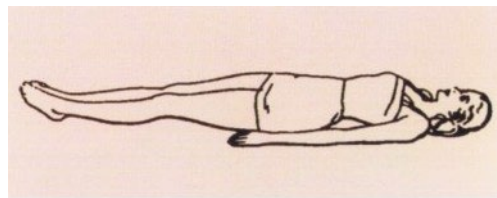
Chest exercise:

1. Start three days after delivery.
2. Lie flat with face up. Relax the muscles all over the body and stretch arms and legs. Inhale gently using the abdomen and dilate the chest as far as possible. Contract the lower abdomen and exhale slowly. Hold the breath, keep contracting the lower abdomen and stick the lower back closely to the bed. Relax again and repeat the above steps five times.



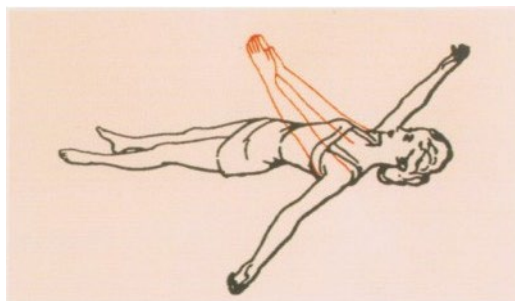
胸部運動：

1. 產後第3天開始。
2. 平躺仰臥，全身肌肉放鬆，手腳伸直。用腹部徐徐吸氣，盡量擴張胸部。收縮小腹，將氣徐徐呼出。摒氣，繼續收縮小腹，下背部緊緊貼住床面。再放鬆。共做5次。



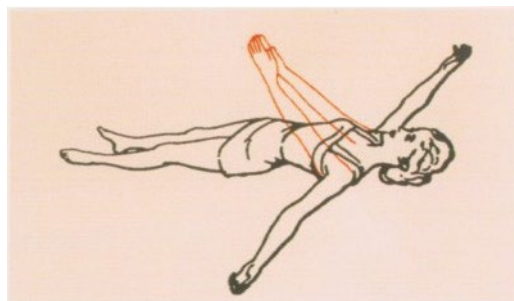
Breast exercise:

1. Start seven days after delivery.
2. Lie flat with face up. Stretch both arms sideways so as to level at the shoulder. Raise your arms slowly and draw them together. Then, resume the arms slowly to the original positions. Repeat the steps five times.



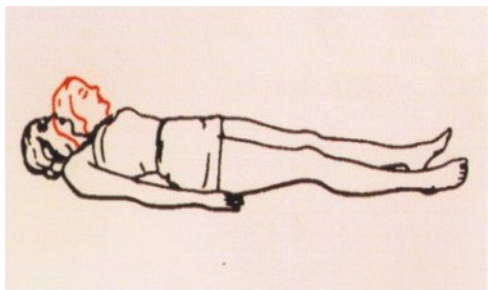
乳部運動：

1. 產後第7天開始。
2. 仰臥床上，雙臂向左右伸展至與肩部對齊，伸直平放。將兩手慢慢上舉合攏，再慢慢回復原位，如圖所示共做5次。



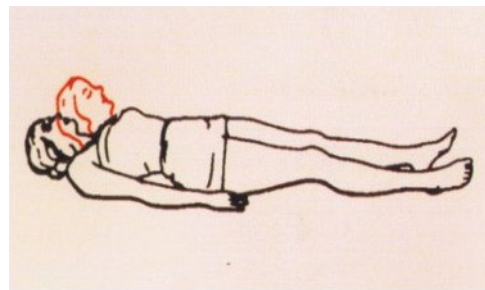
Neck exercise:

1. Start seven days after delivery.
2. Lie flat with face up. Stretch arms and legs and palms to the side of your body. Lift your head and lean forward as far as possible. Make the lower jaw close to the chest. Resume to the original position and repeat 10 times. Do not affect other part of your body when you are doing this exercise.



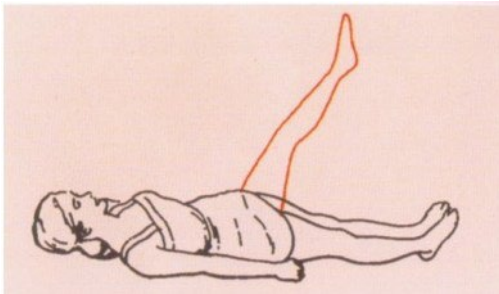
頸部運動：

1. 產後第7天開始。
2. 仰臥床上，全身放平，手腳伸直，手掌貼身邊。將頭昂起，盡量向前彎，下頷貼近胸部，再復原，共做10次。做此動作時，不可牽動身體其他部位。



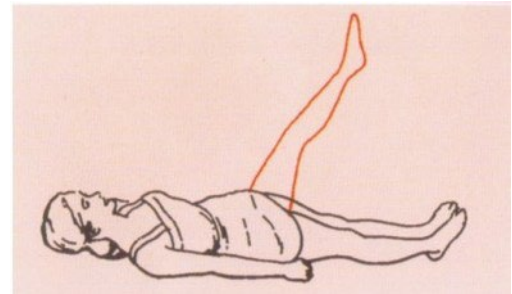
Leg exercise:

1. Start ten days after delivery. But mothers having perineum suture should not do this exercise until two weeks after delivery.
2. Lie flat with face up and stretch arms and legs. Take turns to raise the legs. Make sure to stretch the knee and tiptoe. Repeat five times. Repeat by raising both legs. Do this exercise using your abdominal muscle, not using your hand.



腿部運動：

1. 產後第10天可開始。但會陰縫補者需延至二週後才可開始。
2. 平躺仰臥，手腳伸直。先將左右腳輪流向上舉起，膝部需挺直，腳尖伸直，各做5下。將雙腳一起舉起。注意用腹肌操作，不可利用手力。



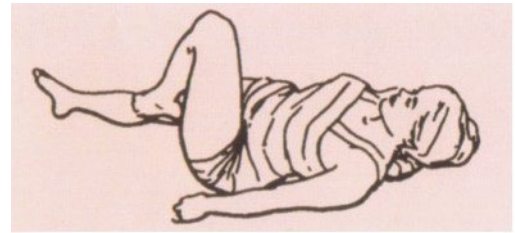
Hip exercise:

1. Same as leg exercise.
2. Lie flat with face up. Stretch arms and legs and palms to the side of your body. Bend one of your legs. Make the feet close to the hips and the thigh close to the abdomen. Change to another leg and repeat. Repeat five times for each leg.



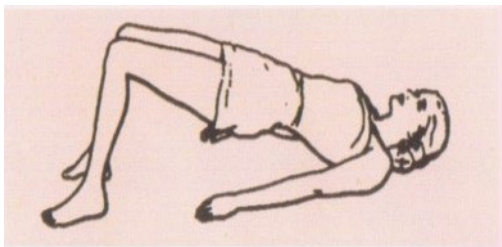
臀部運動：

1. 與腿部運動相同。
2. 仰臥床上，手腳伸直，手掌貼身邊。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，另腿做同樣動作。左右兩腿各做五次。



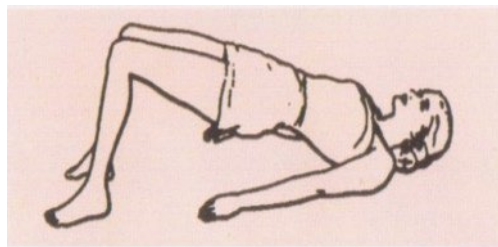
Vagina contraction exercise:

1. Start half month after delivery.
2. Lie flat with face up. Stretch both arms and stick to the bed. Bend both legs and open them as wide as the shoulder. Pull back the heels and lift the hips off the bed. Draw both knees together and contract the hip muscle. Maintain this gesture for one to two minutes.



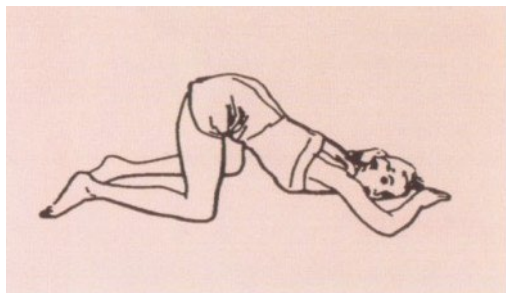
收縮陰道運動：

1. 產後半個月開始。
2. 仰臥床上，雙手伸直平貼床面，兩腳彎曲分開與肩同寬，腳跟收縮，將臀部抬離床面。兩膝合併同時收縮臀部肌肉。保持此姿勢1-2分鐘。



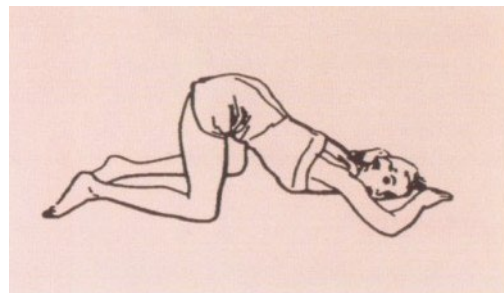
Uterus contraction exercise:

1. Start half month after delivery.
2. Lie with face down and kneel on bed. Separate the knees as wide as the shoulder. Stick the chest and shoulder as close as possible to the bed. Stretch the waist, lift the hips and contract anus. Start doing this exercise with less than one minute. Gradually increase the time till several minutes.



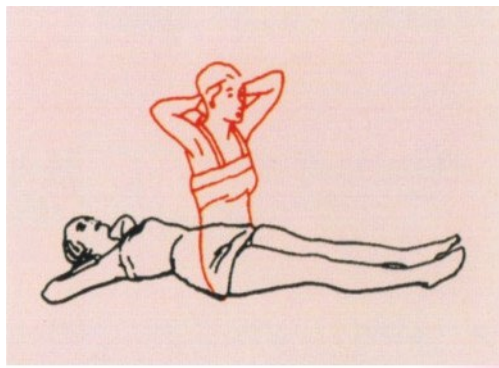
收縮子宮運動：

1. 產後半個月開始。
2. 兩膝分開與肩同寬，跪伏床上。胸與肩盡量貼近床面，腰部要挺直，臀部高舉，收縮肛門。每天由不到1分鐘開始，至保持此姿勢數分鐘。



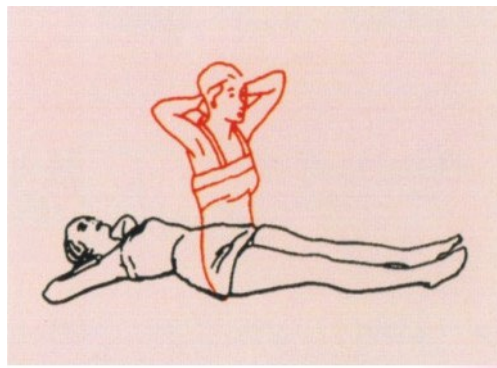
Abdomen exercise:

1. Start half month after delivery.
2. Lie with face up. Cross both arms on the chest. Use the waist and the abdomen to lift your body. Repeat several times. Be sure not to affect other parts of the body. Do not bend the knees.



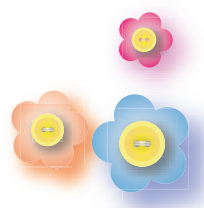
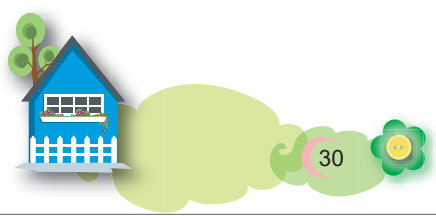
腹部運動：

1. 產後半個月開始。
2. 仰臥床上，雙手交叉放在胸前，用腰腹力量使身體坐起，反覆數次。注意不可移動腳步，膝不彎曲。





Memorandum





佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人

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產後保健

Postnatal health care



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