

## 自然產產後護理指導

### Natural postpartum care guidance

在平安的自然生產後，以下為可能遇到的情形供您參考：

After safe natural production, the following situations may be encountered for your reference:

1. 子宮：(1)產後 24 小時內，一旦發現子宮鬆弛或柔軟情形，就應予以按摩直至子宮收縮變硬為止（按摩的原則是軟的按摩成硬的，不是硬的按摩成軟的）。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。  
1. Uterus: (1) Within 24 hours after delivery, if the uterus is found to be loose or soft, it should be massaged until the uterus is contracted and hardened (the principle of massage is to massage soft into hard, not hard massage into soft). In the early stage of recovery of the uterus, there will be "postpartum pain" due to strong contractions, which will disappear after 3-4 weeks.
2. 惡露變化：產後胎盤剝離後，子宮內分泌物經由陰道排出，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【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】。  
2. Changes in lochia: After the placenta is peeled off, the secretions in the uterus are discharged through the vagina. The first two and three days are large, the color is bright red, and the smell is heavy; after five or six days, the volume is less and the color is gradually red after ten days. Brown, this condition may sometimes last for two to three weeks, and it takes four to six weeks for complete cleansing [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 inspection].
3. 會陰沖洗：產後第一天由護理人員為您沖洗並檢查傷口及子宮收縮狀況，其餘時間請儘量保持清潔及乾爽，至少 3-4 小時更換產墊，大小便後以沖洗器裝開水自行洗，預防傷口感染。也可應用 24 小時內冰敷可減輕會陰傷口疼痛，促進癒合。沖洗器裝開水時務必使用漏斗，如圖一。  
3. Perineal flushing: the first day after delivery, the nursing staff will wash and check the wound and uterine contraction for you. The rest of the time, please try to keep it clean and dry. Replace the delivery pad for at least 3-4 hours. After urinating and defecate, use the irrigator to fill the boiled water on your own. Wash to prevent wound infection. Ice patching within 24 hours can also be used to reduce the pain of perineal wounds and promote healing. 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

4. 安全問題：產後身體比較虛弱，第一次下床時需有家屬陪伴，以免暈厥而發生意外傷害。

4. Safety issues: The body is relatively weak after childbirth, and family members are required to accompany when patient get out of bed for the first time to avoid accidental injuries caused by fainting.

5. 排尿：5 小時內應自然解小便，若無法自行解小便請通知護理人員。

5. Urination: Urinate naturally within 5 hours. If you cannot urinate on your own, please notify the nursing staff.

6. 疼痛：當子宮收縮或傷口疼痛厲害時，應暫時停止按摩，休息後若仍疼痛不舒服，請告知護理人員，將依醫師囑咐給予止痛藥。

6. Pain: When the uterus is contracted or the wound is severely painful, the massage should be temporarily stopped. If the pain is still uncomfortable after the rest, please inform the nursing staff, and the painkiller will be given as directed by the doctor.

7. 束腹帶使用：產後即可使用。

7. Use of corset: it can be used after delivery.

參考資料

余玉眉、周雨樺、蕭仔伶(2018)·產期婦女的護理·產科護理學·新北市：新文京開發，p304-327。

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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