

# Your Recovery After Vaginal Birth

After you give birth, a nurse will check you and answer any questions you may have. During your stay, the nurses will teach you how to care for yourself and your baby.

## Changes in Your Body

- A nurse will feel your abdomen to check your uterus while you are in the hospital. If your uterus is soft, your nurse will rub your abdomen to help the uterus become firm.
- You will have bleeding from your vagina for 2-4 weeks. During the first few days, the bleeding is like a heavy menstrual period. You may pass small blood clots. The bleeding will decrease and change to pink, dark brown, and then clear. Do not use tampons. Use sanitary pads.
- Your breasts will fill with milk 3-5 days after you give birth and become firm and sore. They may leak at times.
- You may have constipation. A stool softener or laxative may be ordered.
- Tell your nurse if you have problems urinating.

## Activity

- Ask the staff for help the first few times you get out of bed.
- Sit up for a couple of minutes before you start to walk.
- If you feel light headed or dizzy while in the bathroom, pull the emergency call light on the bathroom wall for help.
- Walk in the hallways 3-4 times a day for 5-10 minutes.

## Diet

You may feel tired and hungry. You will get fluids through an IV (intravenous) in your hand or arm until you are drinking well. Drink plenty of fluids. You will be offered light food at first and then you can eat your normal diet.

# Wawin am bukot Ejmour elikin Kalotak

Elikin am kolotak juon Ajiri, juon Noj enaj ekajate Wawin am ber im boreinwot uaak jabrewot Kajitok ko am. Ilo Iien eo kwoj ber ijin, Noj ro renaj kabiliklik Euk ilo Wawin am maron in kejbarok kwe meke im Ninnin eo nejom.

## Ukukotok ko ilo Enbwinum

- Juon Noj enaj kajerbal pein im tolome Lojom im Lale Jikin Ninnin eo am ilo Ien en kwoj ber ilo Jikin Ejmour in. Elane Jikin Ninnin eo iloam ej bidrodro, inem Noj eo am enaj bitbiti kabin Lojom nan jiban Jikin Ninnin eo uktak im binbin.
- Botoktok enaj tor jen Jikin Ninnin eo am iumun 2-4 wiik ko. Ilo Ran ko Jinoin, Enaj kajuur am botoktok einwot kwoj Mij in Alin. Emaron wotlok mekak in botoktok ko rej kakwojkwoj iben dron. Ilo an mera lok am toor, botoktok en enaj uktok non bororo mera, uktak lok nan monoknok, im elik tata erreu ainwot Drenwan. Kwon jab kajerbal Tete kadelon ko (tampon). Kajerbal Tete drot en ejab drilon iloam.
- Tittit ko am renaj ubrak kin Milik iloan 3-5 ran elikin am Kolotak Ajiri eo im remaron kujnene im metak. Jet Iien remaron make toor.
- Kwomaron Bon lojem. Ewor uno in kabidrudru lok Lojem kwomaron bukote.
- Kwalok non Noj en elane ej aban am drout.

## Mokitkit

- Kajitok iben dri Jerbal ro bwe ren jiban Euk ilo jinion am walok jen am babu.
- Jijet mokta iomin jet Minot ko mokta jen am jino etatal.
- Elane kwoj jibolul ak enjake an eddo tok boram ilo am bed iloan mon Kobojak eo, kanoke To in Jiban eo ej toto ion Kiin Im nan an iwoj jiban.
- Etatal ilo Iaal ko iloan Imweo tarrin 3-4 allen ilo juon ran iomin 5-10 Minot ko.

## Mone

Kwomaron enjake am mok im kwole. Renaj lewaj dren non euk ilo juon Wa eo ej toto (IV - intravenous) im dreton ilo peium mai Iien eo ej emon am idak. En lap am idak Dren ko. Renaj lewoj non euk jet mone ko rejab eddo ilo Jinoin im tokalik kwoj maron rol lok non am mone ainwot mokta.

## **Manage Pain**

Pain and cramping are normal. Stitches may cause burning or stinging. **Ask for pain medicine when you need it.** The medicine may not get rid of your pain but it will make it better. Manage your pain so you can care for yourself, your baby and be active.

How to manage pain in the area around your vagina and anus called the perineal area:

- Place an ice pack on your perineal area the first day for short amounts of time to decrease pain and swelling.
- Take a warm bath. Baths can be started 24 hours after giving birth.
- Apply a topical medicine such as a spray or cream to help relieve rectal pain from hemorrhoids.

## **Peri Care**

Keep the perineal area clean to prevent infection and stop odor. This is called peri care. You will be given a plastic bottle to fill with warm water. Each time you use the toilet, use the plastic bottle to squirt warm water over your perineal area.

Change your sanitary pad each time you use the toilet. Wash your hands with soap and water.

## **Showering**

A shower may feel good and help you relax. Have someone help you with the first shower.

## **Going Home from the Hospital**

Your nurse will help you prepare to go home with your baby. Information will be given to you on how to care for yourself and your baby.

## **Wawin enjake Metak**

Metak im Konkon rej walok iben aoleb Armij. Ilo air kiiij Euk kin to, ej maron walok Monajnij ak Bwil ilo Kil eo am. **Kajitok Uno in Metak elane kwoj aikwoje.** Uno eo kwoj boke emaron jab kabojrak am Metak, ak enaj kommon bwe en emon lok. Bukot Wawin am ber iben Metak ko bwe kwon maron lale Kwe, im Ajiri eo nejom im en bwe am mokitkit.

Wawin am bukot Kilin bwe en ebwe am ber kin Metak eo belakin Ron in Jikin Ninnin eo im Jikin Bijok eo ak nai etan (perineal area):

- Likot juon bag in Ice ikotan naam im lotokam ilo ran eo Jinoin iomin jet Iien ko rejab aitok bwe en kadrik lok Metak im Bobwoj eo.
- Tutu ilo juon Dren eo ej jidik wot an manan. Kwoj maron jino tutu 24 Awa elikin am Kalotak Ajiri eo.
- Likit jidik uno in Kil ainwot Buttik ak Kuriij drot en ej emon non an jiban jolok Metak ko ilo Mejen Jikin Bijok eo ak iben Moj ko elane rej walok.

## **Kejbarok in Peri**

Kejbarok im kareoik aolepen belakin Ron in Jikin Ninnin eo im Jikin Bijok eo bwe en edreo im bwe en jako Bwin nana im jab anilen. Jej likot Wawin in nai etan Kejbarok in Peri ak (peri care). Renaj lewoj non Euk juon Bato Bwod bwe kwon kanne kin Dren mannan. Aolep Iien kwoj kabwojak Dren ak Bwodij, kajerbal Bato eo im buttik waj Dren jene nan aolepen belakin Ron in Jikin Ninnin eo im Jikin Bijok eo am. Jolok im kokkaal Tete aolep Iien kwoj kabwojak. Kwale peium kin Jop im Dren mannan.

## **Tutu**

Tutu bwe en emman am mour im jiban Euk kakije. Kajitok bwe juon en Jiban Euk ilo am jino tutu.

## **Rol non Imweo Imom jen Jikin Ejmour En**

Noj eo am enaj jiban Euk ilo am kabojak in rol non Imweo Imom iben Ninnin eo nejeom. Katak im Melele ko renaj lewoj non Euk bwe kwon jele Wawin am kejbarok am Ejmour im borwinwot Ejmour an Ninnin eo nejom.

Your care may include:

- Limit climbing stairs to 1-2 times each day.
- Lift nothing heavier than your baby.
- Get help doing housework for at least 2 weeks.
- Do not drive a car for at least 2 weeks.
- Do not have sexual relations until approved by your doctor. Talk to your doctor about birth control. Breastfeeding does not prevent you from becoming pregnant.
- Do not go back to work until approved by your doctor.

Call your doctor **right away** if you have:

- A fever over 101 degrees F or 38 degrees C.
- Signs of a breast infection such as fever, tenderness, redness, or a hot, hardened area, on one or both breasts.
- Heavy vaginal bleeding where you soak one sanitary pad per hour for two hours or have large blood clots.
- Foul smelling vaginal discharge—a normal discharge smells like your menstrual period.
- Problems urinating including trouble starting, burning or pain.
- No bowel movements for 3 days.
- A hot, hard spot in your leg or pain in your lower leg.
- Severe or constant pain or cramping.
- A headache, blurred vision or spots before your eyes that will not go away.
- Feelings of being very sad or feel you want to hurt yourself or your baby.

**Call your doctor the first few days after you get home to schedule a follow up visit in 4-6 weeks. Talk to your doctor or nurse if you have any questions or concerns.**

Kilen wot Kejbarok Ejmour eo am Enaj Kobalok wawein kein:

- Kwonjab wonlin im wonlol ilo Jikin Uwe ko elap lok jen 1-2 alin ilo 1 Ran.
- Jab kwotak jabrewot men eddo lok jen Ninnin eo nejom.
- Bwokot Jiban ekijien kadreoik Imweo Imom iomin 2 Week ne edrik.
- Jab katir wa iomin 2 week drik tata.
- Jab bar ber iben juon Eman mai Takto eo am ej lewoj Melim. Konono iben Takto eo am ekijien Wawin ko rej maron kejbarok bwe kwon jab bar Baroru. Kaninnin Ninnin eo, eban bobraeik iuk bwe kwon jab bar Bororu.
- Kwon Jab bar rol non Jikin Jerbal en mai Takto eo am ej lewoj Melim.

**Kwon mokij im** Kir lok Takto eo am elane ej walok non kwe wawein kein:

- Juon Bwil eo ej elap lok jen 101 degrees F ak 38 degrees C.
- Kokalen anilin ilo Tittit emaron iuwetok juon Bwil elab, metak, kilbodrodro, bwil, ak kijnene, ilo juon ak aoleb Tittit ko am.
- Elap am toor kin botoktok jen Jikin Ninnin eo am, ej ubrak juon Tete ilo wot juon Awa iomin ruo awa ak ej walok Mekak in Botoktok elap.
- Juon Dren eo enana Bwiin ej walok — Ne Dren eo emman, Bwiin eo enaj einwot am Mij in Alin.
- Aban ko ilo am Drout ej koba lok elane ej bin am Jino Drout, ak elab an Bwil im Metak am drout.
- Kwojab kabwojak Bwidoj iomin 3 Ran.
- Juon Jikin ej Bwil ak Kijnene ilo Nem ak Metak ilo tu lol ilo Nem.
- Elap am Metak im Metak ikutkut aoleb Iien im ej Kakonkon Lojom.
- Emetak Boram, etab am reimanlok ak kwoj elolo Ilmej ko ilo Mejam im rejjab jako.
- Kwoj Enjake juon Buromij elab ak ejiktok juon konan nan kokure kwe meke ak Ninnin eo nejom.

**Kir lok Tokta en am ilo Ran ko Jino in am rol lok non Imweo Imom nan karok juon Ran in bar rool im loe E elikin 4 – 6 week. Kwon konono iben Takto eo im Noj ro am elane ej wor jabrewot kain Kajitok ak Enebata ko am.**

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Vaginal Birth. Marshallese