



Waxbarashada Bukaanka

Waxbarashada Xilliga Dhalmada

Daryeelka Naftaada iyo Carruurtaada



Kaddib Marka Qaliin Aad ku Dhasho

Waxaanu kugu hambalyeynaynaa dhalashada ubadkaaga!

Si degdeg ah ayuu uurkii kaaga tagay. Isbeddel badan ayaa jidhkaaga ku dhacaya. Qoraalkani wuxuu kuu suuragalinayaa in aad fahanto isbeddeladaa, iyo in aad ogaato sidii aad u bogsan lahayd qaliinka kaddib.

Haddii qoraalkan iyo waxa dhakhtarku kuu sheegaa ay is khilaafaan, ku soco sida dhakhtarku kugula taliyo.

Wax ka Qabadka Xanuunka

Hadii lagaa suuxiyay spinal ama epidural markii ilmaha lagugu qalayay, waxaa laga yaabaa in lagu siiyay 1 wakhti oo dawada morphine ta nooca mudada badan shaqeeya marka xididka si lagaaga suuxiyo ama katiitarkar (tuunbada) kaadida lagu galiyo. Taasi waxay xanuunka kaa bi'in doontaa 18-ka saacadood ee ugu horreeya.

Marmarka qaar, dawooyin kale ayaa xididka lagaa siinayaa hadii aad wali dareentid xanuun. Markaa kaddib daawada caadiga ah ee xanuunka ayaa lagu siin doonaa. Dawooyinka xanuunka qaado, si aad u socon karto, oo ilmaha aad wax u siin karto una dhaqaaleyn karto.

Dawada xanuunku waxay si wanaagsan ugu shaqeysaa marka aad qaadato **ka hor** inta xanuun wayni aanu ku qaban. Wax yar ayaad u baahan doontaa hadii aad hore uga jawaabtay xanuunkaaga adigoo qaadanaaya dawooyinka xili hore. Qofka ku daweeyaa ayaa kuu sheegi doonaa inta goor ee dawada aad cunayso, sida caadiga ahna waa 3 illaa 4 saac.

Haddii aad naaska jaqsiinayso, dawadu ma dhibayso ilmahaaga. Caanaha naaska ee ugu horeeya ee ilmahaagu helo, oo layidhaahdo Danbar, malaha dawooyin xanuun bi'iyee ah oo ku filan oo dhibaato keeni kara. Faa'iidooyinka naasnuujintu u leedahay adiga iyo ilamaha labadiinaba ayaa ka badan wax dhibaato ah oo ilmahaaga uga yimaada dawada.

Sida Meesha Lagaa Qalay aad u Dhaqaaleyn Karto

Dhilaaca qaliinka ama si guduba ayaa loo jeexikara oo la gudboon halka shiciradu (shuunku) ka bilaabmo, (“Bikini” “Transverse”), ama si hoos ayaa loo jeexidoonaa min xudunta illaa halka lafta shiciradu ka bilaabanto (“classical”).

Sharootada lagu xidhay nabarka waxaa laga furi doonaa maalinta 1-aad kaddib. Maqaarka meesha la qalay waxa isku qabanaya biraha loo yaqaan *staples*, (waa sida bahasha waraaqaha isku qabata). Inta badan intaan lagu fasixin ka hore, kalkaalisadaada ayaa kaa guri doonta qardhabida/ qodbaha oo ku badali doonta jeexyo yar yar oo balastar/xabaga oo layidhaahdo *steri-strips*. Haddii aysan dhicin, ka qaad 1 asbuuc kaddib.

Waad qubeysan kartaa inta ay qoddobada kugu yaalliin iyo marka aad xiran tahay nooca sharootada steri-strips, balse meesha qalan ha daboolnaato. Marka qardhabyada ama steri-strips ku ay dhamaadaan, uma baahnid inaad daboosho nabarkaaga markaad maydhanayso. Sida markastoo ladhalo, qubaysiga ayaa ka fiican maydhashada ladhaxgalo biyaha wiigaga ugu horeeya si loo ilaaliyo biyaha maydhashada ee galaya saxaaxaaga iyo, kuwa ilmaha lagu qalo, si aad uga ilaaliso nabarkaagu inuu caabuqo.

Hadii nabarkaagu xanuun badan yeesho marka lataabto, uu aad u casaado, oo uu soo maaxo, ama ama uu yeesho ur qadhuun, ama qayb kamida nabarku furanto, wac dhakhtarkaaga, umulisada, ama xurunta caafimaadka markaaba.

IV iyo Catheter

Inta aad ka bogsanayso qaliinka, IV (seyloonka) ayaa gacanta kaaga xidhnaan doona. IV-gaasi wuxuu jidhkaaga siinayaa biyo, sonkor ama milix, iyo marmar daawo, illaa inta aad wax ka cuni ama wax cabi kareyso. Marka aad si wanaagsan wax u cunto ayaa IV-ga lagaa furi doonaa, inta badan waa 24 saacadood gudahood.

Wakhtiga qaliinka, tuunbo ayaa kaadida kasoo qaadaysa kaadi haystaada. Uma baahnid in aad masqusha tagto, illaa inta tuubada lagaa furayo. Tuubada waxaa inta badan lagaa furayaa 24 saacadood gudahood. Marka lagaa furo tuubadaa kaddib kalkaalisada ayaa laga yaabaa in ay ku waydiisoo qiyaasta inta kaadi kaa imanaysa, si loo ogaado in kalyahaagu iyo kaadi heystaadu ay si wanaagsan u shaqeynayaan.

Inta aad Dhaqaaqi Karto

Marka aa Dhakhtarka ku Jirto

Waxaa muhiima inaad badasho qaababka marka sariirta aad jiipto qaliinka kadib. 10 illaa 12 saacadood kaddib marka lagu qalo, kalkaalisada ayaa kaa caawini doonta in aad sare ugu fadhiisato cidhifka sarriirta.

18 illaa 24 saacadood gudahood, kalkaalisada ayaa kaa caawini doonta in aad istaagto oo aad qolka ku dhex socoto, kaddibna in aad socoto hoolka gudahiisa. Waa in aad wacdaa kalkaalisada si ay kuu caawiso ka hor inta aanad adigu isku dayin in aad istaagto, ama aad socoto. Waxaa laga yaabaa in aad wareerto.

Haddii ilmahaagu ku jiro Daryeelka Taxaddarka leh ee Dhallaanka (Intensive Care Nursery), waxaad soo booqan kartaa ilmahaagu mar alle marka aad doonto.

Guriga Inta Aad Joogto

Inta aad guriga joogto waxaa laga yaabaa in aad daashid kaddib marka lagu qalo. Ogow in aad lix asbuuc aad nasato, aanad is nafaqeyso.

Su'aalo?

Su'aalahaagu waa muhiim. Waxaad wacdaa takhtarkaaga daryeelka caafimaadka wixii ku saabsan sidii aad isu daryeeli lahayd marka ilmaha lagugu soo qalo kaddib. Marka uu xiran yahay xafiiska takhtarkaaga, waxaad wacdaa qaybta Foosha iyo Dhalmaada.

Foosha iyo Dhalmaada:
206-598-4616

Saaxiibadaa iyo ehelkaagu ha kaa caawiyaan sidii ilmahaaga aad u dhaqaaleyn lahayd.

Waxaa kuu wanaagsan in aad si aayar ah aad ugu soo noqoto wixii aad qaban jirtay Wax culus ha qaadin hana riixin dhowrka asbuuc ee hore. Si fiican u naso dhowr goor maalintii. Ha fuulin jaranjarada.

Dhakhtarku waxa laga yaabaa inuu ku yidhaa ha wadin baabuur inta nabarku ku bogsanayo. Marna baabuur ha wadin inta aad qaadanayso daawooyinka maanka dooriya.

Waydii dhakhtarka ama umulisada, intaa aanad ciyaarta orodka, ama qalaamarogadka ku soo noqon.

Nafaqada

Waxaad kalkaalisadaada weydiisaa marka aad wax cuni karto ama cabi karto kaddib marka ilmaha lagugu soo qalo.

Waxaannu kula talinaa bukaankayaga qaarkood, oo ay ku jiraan kuwa macaanka qaba, in ay sugaan in ay wax cabaan illaa ay hawada caloosha ka soo baxdo. Si ay hawada kaaga soo baxdo, waxaad ku fadhiisataa sariirta geeskeeda, ku fadhiiso kursi, ama waxaad ku socotaa qolka ama meelaha lagu socon karo.

Haweenka badankooda waxay cabi karaan cabitaanka saafiga ah (biyo, casiirka, ama maraqa) 12-ka saacadood ugu horreeya qalliinka kaddib. Marka aad cabitaanka billawdo kaddib, waxaad cuni kartaa cunto fudud marka ay baahi ku qabato.

Baaritaanka Kaddib Marka aad Dhasho

Usoo wac si jadwal ah 6 usbuuc kadib markaad dhasho, iyadoo uu ku waydiiyo adeegahaagu inaad hore u timaado mooyaane. Hadii adeegahaagu yahay kalkaaliso umuliso ah, samee booqashadan 1 ama 2 usbuuc, iyo mar labaad 6 usbuuc markaad dhasho kadib.

Ujeedada laga leeyahay baaritaanku waa in la eego boogta sida ay u bogsanayso, iyo in aad weydiiso wixii su'aal ah ama gudbiso cabashooyinka aad qabtid. Waxaad kartaa in aad qorto wixii su'aal ah, ama waxa kale si aad u xasuusato marka dhakhtarka aad timaad.

Waxaan kuu rajaynaynaa fiicnaan ku laabashada aqalkaaga. Hubi in aad naftaada iyo ilmahaagaba daryeesho!

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206-598-4003



After Your Cesarean Birth

Congratulations on the birth of your baby!

Suddenly, you are no longer pregnant. Many changes are taking place in your body. This handout is written to help you with these changes and to give you information about recovery after your Cesarean birth.

If your doctor's or midwife's instructions are different from this information, follow their instructions.

Pain Control

If you had spinal or epidural anesthesia for your Cesarean delivery, you may have been given 1 dose of a long-acting morphine-type medicine when the IV for the anesthesia or the *catheter* (tube) was inserted. This will give you good pain relief for the first 18 hours.

Sometimes, another medicine is given through the IV if you still feel pain. After this, pain pills are usually given. Take the pain medicine so you will be comfortable enough to move around and feed and care for your baby.

Pain medicine works best if you take it **before** you are in a **lot** of pain. You will need less if you stay ahead of your pain by taking the medicine early. Your care provider will advise you on how often to take this medicine, usually every 3 or 4 hours.

If you are breastfeeding, the pain medicine will not affect your baby. The first breast milk your baby receives, called *colostrum*, will not contain enough pain medicine to do any harm. The benefits of breastfeeding to both you and your baby are much greater than any risks to your baby from the medicine.

Caring for Your Surgical Incision

Your incision either will be cut from side to side along your pubic hairline (“bikini” or “transverse”), or it will go up and down from below your navel to the top of your pubic bone (“classical”).

The bandage over the incision will be taken off after the first day. Your skin will be held together with metal staples. Usually before discharge, your nurse will take out the staples and replace them with small strips of tape called *steri-strips*. These strips will fall off in a few days. If they don't fall off, remove them after 1 week.

You may shower while you have staples in your skin and when you have steri-strips on, but keep the incision covered. Once the staples or steri-strips are gone, you do not need to cover your incision in the shower. As with any delivery, a shower is better than a bath for the first few weeks to prevent bath water from entering your vagina and, with Cesarean births, to keep your incision from becoming infected.

If your incision gets more tender, more red, is oozing, or has a foul odor, or if part of the incision opens, call your doctor, midwife, or clinic right away.

IV and Catheter

While you are recovering from your Cesarean birth, the IV from your surgery will remain in your arm. The IV gives your body water, sugar, salt and sometimes medicines until you are able to drink and eat after surgery. When you can drink fluids well, the IV will be removed, usually about 24 hours after delivery.

During surgery, a catheter drains the urine from your bladder. You will not need to get up to use the bathroom until the tube is taken out. The tube is usually taken out within 24 hours after delivery. After the catheter is out, your nurse may ask you to measure your urine a few times to make sure your kidneys and bladder are working well.

Activity Level

In the Hospital

It is important to change positions in bed after your surgery. About 10 to 12 hours after surgery, your nurse will help you sit up on the edge of the bed.

Within 18 to 24 hours, your nurse will help you to get up and walk around the room, then in the hall. Be sure to call your nurse for help before trying to stand or walk. You may feel dizzy.

If your baby is in the Intensive Care Nursery, you can visit your baby as soon as you feel up to it.

At Home

You may feel tired and weak after your Cesarean birth. Be sure to allow yourself 6 weeks to rest and recover. Let

Questions?

Your questions are important. Call your health care provider about taking care of yourself after a Cesarean birth. When your provider's office is closed, call Labor and Delivery.

Labor and Delivery:
206-598-4616

your family and friends help so you can use your energy to care for your baby.

A slow return to normal activity is best. Do not lift or push any heavy objects for the first few weeks. Rest several times a day. Try not to climb stairs.

Your health care provider may recommend that you avoid driving while your incision is healing. Never drive when you are taking narcotic pain medicines.

Check with your doctor, midwife, or clinic before going back to very active exercise such as jogging or aerobics.

Nutrition

Ask your nurse about when you can eat and drink after your Cesarean birth.

We advise some of our patients, including most with diabetes, to wait to drink liquids until they are passing intestinal gas. To help move gas, sit up at the side of your bed, sit in a chair, or walk in your room or in the hall.

Many women are able to drink clear liquids (water, juices, and broth) during the first 12 hours after surgery. After you have started with fluids, you can begin eating light foods when you feel hungry.

Postpartum Check-Up

Call to schedule a checkup for 6 weeks after birth, unless your provider asks you to come in sooner. If your provider is a nurse midwife, make this visit for 1 or 2 weeks, and again at 6 weeks after birth.

The purpose of these appointments is to check the healing of your incision and to give you time to talk about concerns and ask questions. You may want to make a list of your questions and bring them with you to your checkup visits.

Best wishes as you return home. Be sure to take care of yourself and your new baby!

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