

**Taichung Armed Forces General Hospital**  
**Leaflet of Inpatient Nursing Instructions**

**產後即刻之護理指導**

Sir/Lady:

Instructions for immediate postpartum care

- I. Purpose: To help women after natural or cesarean delivery understand uterine massage and recovery, as well as the evaluation of lochia discharge.
- II. Precautions:
  - (1) Uterine massage and recovery:
    1. After delivery, uterine massage is necessary. Place your hand just below the belly button to feel for a firm lump (similar to a ball), which indicates the position of the uterus. If you cannot feel it, you should massage in a circular motion just below the belly button until the uterus becomes firm. This means that the uterus is contracting well, and you can stop the massage.
    2. Evaluation of Lochia: Lochia generally disappears completely within 4-6 weeks. Abnormal phenomena such as large blood clots, foul odor, and increased bleeding, if present, may indicate poor uterine contractions or retained placenta, and you should inform the nurse.
  - (2) Lochia discharge evaluation:

Lochia amount:

    1. Small: Less than 1/3 of the sanitary pad is soaked with blood within 1 hour.
    2. Medium: Less than 2/3 of the sanitary pad is soaked with blood within 1 hour.
    3. Large: The sanitary pad is completely soaked within 1 hour.
    4. Blood Clots: Present or absent.
    5. Color: Brown, dark red, or bright red.
    6. Odor: Bloody or foul.

If you are still unclear about something or have any questions, please contact the nursing station in the ward