

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions

產後傷口之護理指導

Sir/Lady:

Instructions for postpartum wound care

I. Introduction to postpartum wounds:

- (1) Natural delivery perineal wounds are sutured with absorbable stitches, which will naturally fall off after about a week and do not need to be removed. A warm water sitz bath can be started 48 hours after a natural delivery, 3-4 times a day.
- (2) Cesarean section abdominal wounds are sutured with absorbable stitches, and most will be absorbed within one month after the procedure.

II. Postpartum natural delivery wound care:

(1) Warm water sitz bath:

1. Purposes:

- (1) To promote blood circulation around the perineum and anus with heat, which helps the natural delivery perineal incision heal better.
- (2) To reduce swelling and pain from hemorrhoids.

2. Methods:

- (1) Clean the basin used for the sitz bath (Figure 1).
 - (2) Adjust the water temperature to 38-40°C, which can be measured on the inner arm. It should feel slightly warmer than the usual shower water.
 - (3) Fill the sitz bath basin with 2/3 warm boiled water.
 - (4) Make sure there is someone with you while taking the sitz bath, as the floor may be slippery, and take precautions against falls.
 - (5) Unless instructed by the doctor, do not add any medication to the water.
 - (6) Each sitz bath should last 10-15 minutes.
3. After using the restroom, rinse the perineum with warm boiled water in a cleansing device. Squeeze the cleansing device to wash from front to back. When wiping dry, wipe from front (perineum) to back (toward the anus) to prevent infection (Figure 2).
4. Timing for postpartum check-ups:
- (1) Return for a check-up one week after discharge for wound healing assessment.
 - (2) Return for a check-up six weeks after discharge (after lochia has ended) for evaluation of uterine recovery and a Pap smear.

III. Postpartum cesarean section wound care:

- (1) Do not let water touch the cesarean section wound, and avoid touching it with your hands to prevent infection.

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- (2) Keep the wound clean and dry. If there is any drainage or if it gets wet, inform the nurse.
- (3) Use an abdominal binder to avoid strain on the cesarean wound during movement, which can cause friction and pain. It is best to wear it for 4-6 weeks. When resting or sleeping, loosen the binder to avoid skin discomfort or itching.
- (4) After discharge, you can take a shower. When washing, use a gentle body wash diluted with water, allowing it to gently fall over the cesarean wound, or use saline to wipe the wound lightly. Avoid scrubbing. Afterward, dry the wound with a clean towel or sterile cotton swabs.
- (5) After discharge, you can use beauty tape to cover the wound while taking a shower, which helps prevent scar hypertrophy. The beauty tape does not need to be changed every day; it should be changed once every 3-5 days. If the tape peels off or doesn't fit properly, gently remove it.
- (6) Wound healing requires protein. It is recommended to eat plenty of eggs, fish, and meat, and also to supplement with high-fiber foods to prevent constipation.
- (7) If signs of infection appear, such as warmth, redness, swelling, unusual discharge, and sudden pain of the wound, fever (even if the cesarean wound looks fine), and abnormal bleeding, inform the healthcare provider or seek medical attention promptly.

Figure 1. Dedicate a basin to sitz bath



Figure 2. Perineal cleansing device



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