

# REMINDERS UPON DISCHARGE FROM THE OBS WARD

## 產科病房出院須知

### A. Wound Care

1. Perineal Wound : Wash vaginal area with soap and lukewarm water after each toilet trip and keep wound dry until lochia (discharge) is no longer noted.

Note: Lochia may persist for 3-4 weeks. Color may change from red to brown to yellowish-white.

2. Abdomen:  
You may take a shower 5-10 days after operation. Do not scratch or remove scabs, let it peel off spontaneously.

### B. Timing of Contraception

1. Avoid sexual encounters and vaginal douching for 4-6 weeks after delivery.

2. If you are using oral contraception, start taking pills 28 days after delivery.
3. Menstruation may return 6-8 weeks after delivery.  
Please consult your doctor for individual assessment if you are considering using an IUD for contraception.
4. It is possible to become pregnant while still breastfeeding. Take contraceptive measures except oral pills.

### C. Post-delivery follow-up

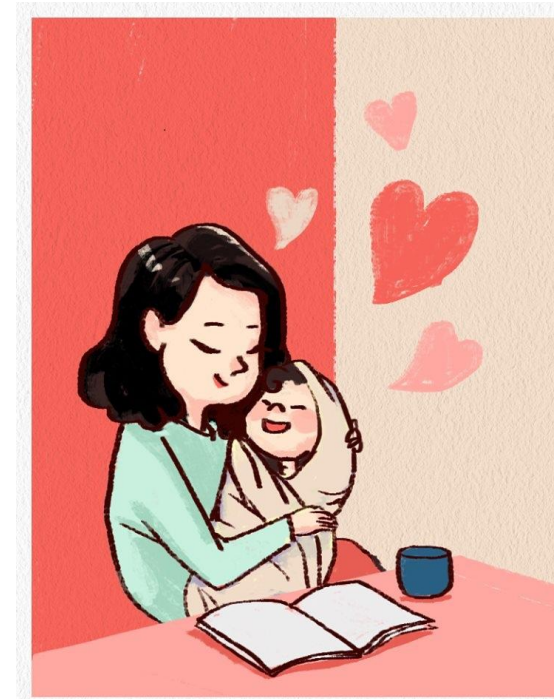
Please return to the OBS out-patient department for a check-up 42 days after delivery.

### D. Please consult your doctor if the following are noted:

1. Redness, swelling, burning sensation, severe pain and unusual discharges (bloody or pus) from perineal or

abdominal wound.

2. Redness, swelling, heat and pain of the breast may signify the presence of Mastitis (infection of the breast).
3. Sudden onset of bleeding, presence of blood clots, foul-smelling discharges or lower abdominal pain.
4. Fever above 38 °C (oral temperature), or voiding frequency or pain.





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**中山醫院**  
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**REMINDERS**  
**UPON**  
**DISCHARGE**  
**FROM**  
**THE OBS WARD**

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**Modern Medicine**  
**Traditional Care**