



## 分娩后母亲的警告信号

我们希望您和您新生的宝宝在以后的岁月里都能身体健康。

本章列出母亲的警告信号需要您致电给诊所、医护人员或9-1-1。电话号码列在本书的第一章“有用的电话号码”一章。

### 当有下列情况时应打9-1-1:

- 出现紧急的健康问题

### 当有下列情况应即刻与诊所连系:

- 体温达华氏 101 度 (摄氏 38.3 度) 或更高。
- 每 2 到 3 小时从阴道所流出的血量渗透了最厚的卫生棉或持续地排出母指大小的血块。
- 小腿或大腿发红、肿胀或疼痛。
- 头痛、即使在饮水、休息服用泰诺 (对乙酰氨基酚)后乃然无效。
- 如是剖腹产、伤口有些裂开或渗水或渗血。或伤口变得更红肿、触痛或疼痛。

### 当有下列情况应在 24 小时内打电话给诊所:

- 阴道分泌物有异味。
- 排尿困难或排尿时有痛感、烧痛。
- 伤口会痛且痛感加剧。



出现任何在本章列出的情况; 务必致电给为您所提供的电话号码。

- 食欲不振、无法入睡、或有忧郁感、悲伤或焦虑。
- 您有些担忧觉得不能等到下次门诊。

### 当有下列情况请与哺乳服务部联系：

- 乳房的硬块不变软、或乳房有部位发红 **1, 2** 天后仍然不退。
- 乳头疼痛、整个哺乳的过程都很疼痛。乳头有些疼痛是正常的、一般到第 **4** 天或第 **5** 天就会好了。
- 任何与哺乳有关的问题。

### 您有疑问吗？

我们很重视您的疑问。当您  
对警告的标志有疑问或  
顾虑时，请在办公时间致  
电您的医生或医护人员。

下班后及周末假日请致电  
产房： **206-598-4616**。

对泌乳或哺乳有疑问时  
请致电哺乳服务部：  
**206-598-4628**

**紧急事故：9-1-1**

## Warning Signs in the Mother After Giving Birth

*We wish you and your new baby good health in the coming weeks and months.*

*This chapter lists warning signs in mothers that require a call to your clinic, health care provider, or 9-1-1. Phone numbers are listed in the “Helpful Phone Numbers” chapter at the beginning of this book.*



*Be sure to call one of the numbers provided if you have any of the warning signs listed in this chapter.*

### **Call 9-1-1- if:**

- You have an urgent concern about your health

### **Call your clinic right away if you:**

- Have a temperature of 101°F (38.3°C) or higher.
- Are soaking a full-size pad or maxi-pad with blood from your vagina every hour for 2 to 3 hours, or you keep passing clots that are larger than your thumb.
- Have redness, swelling, or pain in your lower leg or thigh.
- Have a headache that won't go away with usual comfort measures such as drinking water, resting or taking Tylenol (acetaminophen).
- Had a Cesarean birth and your incision opens a little or leaks fluid or blood, or the area around your incision becomes more red, swollen, tender, or painful.

### **Call your clinic within 24 hours if you:**

- Have a discharge from your vagina that smells bad.
- Have a hard time urinating, or have pain or burning when you urinate.
- Have pain in your incision that keeps getting worse.

- Have a hard time eating or sleeping, or feel depressed, sad, or anxious.
- Have a concern you feel cannot wait until your next clinic visit.

### **Call Lactation Services if you:**

- Have a breast lump that does not soften or a red area on your breast that does not go away within 1 to 2 days.
- Have sore nipples that hurt throughout your baby's feeding. Some nipple tenderness is normal, and it usually gets better by the 4th or 5th day.
- Have any questions or concerns about breastfeeding.

### **Questions?**

Your questions are important. If you have questions or concerns about warning signs, please call your health care provider during office hours.

After hours and on weekends and holidays, call Labor & Delivery at 206-598-4616.

For concerns about lactation or breastfeeding, call Lactation Services at 206-598-4628

**For urgent concerns, call 9-1-1.**