

Wound Care after Stiches (Somali)

Daryeelka nabarka ama meesha dhaawaca ah kooleynta ama tolitaanka ka dib



Nabarka/dhaawaca ilmahaaga waxaa lagu daweeeyay tolmo ama koollo loogu talagalay dhaawacyada si loo yareeyo dhiigbaxa, kor loogu qaado bogsashada loona yareeyo nabarrada.

Daryeelka guriga

Koolo	Tolmo
<p>SAMEE</p> <p><input checked="" type="checkbox"/> U daa in koollada/ama faashadu ay iskeed usoo dhacdo. Hadday isku duuduubanto, jar.</p> <p><input checked="" type="checkbox"/> Meesha dhaawaca ah ha engegnaato ama ha qalalnaato 5 maalmood. Ilmahaagu waxa uu heli karaa qubays kooban ama qubays 24 saacadood ka dib. Si taataabasho ah ugu qallaji dhaawaca tuwaal ama shukumaan.</p>	<p>SAMEE</p> <p><input checked="" type="checkbox"/> Dhaawaca gebi ahaanba ha engegnaado 24-ka saacadood ee ugu horreeya. Intaa ka dib, iska ilaali in aad qooyso meesha dhaawaca ah oo si tartiib ah ugu qallaji shukumaan qubeyska da dib.</p>
<p>HA SAMAYN</p> <p><input checked="" type="checkbox"/> Ha marin kiriimyada ama boomaatooyinka ilaa ay xabagta koollada ahi ka soo fuqeyso.</p> <p><input checked="" type="checkbox"/> Hau ogolaan in ilmahaagu inuu salaaxo, xoqo ama ka soo fujiyo xabagta koolada ah ama faashada.</p> <p><input checked="" type="checkbox"/> Hau ogolaan ilmahaaga inuu dabaasho.</p>	<p>HA SAMAYN</p> <p><input checked="" type="checkbox"/> Haka yeelin Imahaagu inuu kasoo fujiyo qolof meesha dhaawaca ah.</p> <p><input checked="" type="checkbox"/> Haka yeelin ilmahaaga inuu dabaal aado ilaa ceengariga tolmada laga furayo.</p>
<p>Xabagta koolada ah ayadaa iskeed usoo fuqi doonta marka nabarku reysto Tani waxay badanaa qaadataa inta u dhaxaysa 5 ilaa 10 maalmood.</p>	<p>Haddii ilmahaagu leeyahay ceengeri aan iskiis furfurmeyn, GP-gaaga ayaa loo baahan yahay inuu ka furo.</p> <p>Haddii ilmahaagu leeyahay ceengari dhaawaca ku milmaya, isagaa iskiis muddo ka dib meesha uga baxaya.</p>

Sidee buu nabarku u bogsadaa?

Nabarka ilmahaagu wuxuu noqon doonaa casaan iyo mid jilicsan inta uu bogsanayo. Waxaa laga yaabaa in ilmahaagu uu u baahdo xoogaa dawo xanuun baabi'ye fudud ah sida paracetamol (Panadol ama Dymadon) iyo ibuprofen (Nurofen).



Raac tilmaamaha ku yaal dhalada ama xirmada ay daawada ku jirto si aad u ogaatid qiyaasta saxda ah. Ha siin ilmahaaga wax ka badan inta lagu taliyay in la siiyo maalintii. Waa inay soo roonaataa 2 ilaa 3 maalmood ka dib.

Dhaawac kasta wuxuu reebi doonaa nabar. Nabarku wuxuu noqon karaa mid midab casaan ama guduud ah wwuxuuna isu badali doonaa mid midabkiisu pink biyo-biyo ah ama cadaan ah ama waxay noqon doontaa mid aan la arki karin (waxay qaadan kartaa ilaa 12 bilood).

Sideed u hagaajin kartaa muuqaalka nabarrada ilmahaaga?

- Nabarka ka ilaali qorraxda haddii aad awooddo oo isticmaal kiriimyada qorraxda ee loo yaqaan (sunscreen).
- U masaajeey meesha nabarka ah si yar oo cadaadis adag leh dhowr jeer maalintii adigoo isticmaalaya kareem maqaarka qooya sida Sorbolene.

La hadal GP-ga ilmahaaga haddii aad ka welwelsan tahay sida nabarku u eg yahay. Waxaa laga yaabaa in loo gudbiyo dhakhtarka qalliinka balaastiga ah haddii nabarku u bogsan waayo sidii la filayay.

Goorta loo baahan yahay in la arko dhakhtar

U tag GP-gaaga haddii:

- nabarku dib uu u furmo ama uu dhiig ka yimaado 48-da saacadood ee ugu horeeysa
- haddii nabarku uu noqdo mid bararan iyo/ama ka gaduudan dhinacyada
- haddii casaanka ku hareereysan agagaarka nabarka uu ku faafo maqaarka ku wareegsan
- haddii uu ilmahaagu qandho yeesho
- haddii uu nabarku soo urayo ama uu jiro dheecaan jaale ah ama cagaar ah.

Haddii aadan arki karin GP-gaaga, fadlan u tag waaxda gurmada (emergency department) ee kuugu dhow.

Wixii talo caafimaad ah oo aan degdeg ahayn, wac **13 HEALTH** (13 43 25 84) si aad ula hadasho kalkaalisada diiwaangashan 24 saacadood maalintii, todobada maalmood ee usbuuca qiimaha wicitaankuna waa adoo xaafadaada oo kale wacaya.



Weydiiso turjubaan haddii aad u baahan tahay.

Waxaa soo saartay Waaxda Gurmada Degdegga ah, Isbitaalka Carruurta ee Queensland. Waxaan qiraynaa talooyinka macaamiisha iyo daryeelayaasha.

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Cudur-daar: Macluumaadkan waxaa soo saaray xirfadlayaasha daryeelka caafimaadka iyadoo ujeedaduna tahay in loo isticmaalo tilmaame kaliya waxaana loogu talagalay in lagu taageero, balse aysan beddelin, wadhadalka dhakhtarka ilmahaaga ama xirfadlayaasha daryeelka caafimaadka. Macluumaadka si joogto ah ayaa loo cusboonaysiiyaa, markaa fadlan hubi inaad tixraacayso nuqulkii ugu dambeeyay. Raadso la-talin caafimaad, ee markaas ku habboon, walaacyada ku saabsan caafimaadka ilmahaaga.