

Gudniinka

Waa maxay gudniinku?

Qalliinkan waxaa lagu jaraa buuryada waxaana lagu soo saaraa madaxa guska.

Tilmaamaha daryeelka ilmahaaga ka dib gudniinkiisa

Goormee ayuu ilmahaagu guriga tagi karaa?

Carruurta intooda ugu badan waxay guriga tagaan maalinta qalliinka la sameeyo. Haddii ilmahaagu qabo xaalado kaloo caafimaad, waxuu u baahan karaa in uu habeenka joogo.

Sideen u daryeelaa barta qalliinka lagu sameeyey?

- Qalliinka ka dib, waxaa laga yaabaa in uu ilmahaagu yeesho faashad (maro) ku xiran guskiisa. Waxay taasi ka furnaan doontaa dhanka sare si uu isagu halkaas uga kaadin karo.
- Haddii uusan ilmahaagu faashad lahayn, waxaa laga yaabaa in uu leeyahay giringirta PlastiBell ama xabagta qalliinka.
- Laga bilaabo maalinta qalliinka, barta qalliinka ee ilmahaaga mari saliid qallaltire ah (Faasaliinta). Waxay tani ilaalinaysaa guska inta uu bogsanayo.
- Haddii uu guska dhiig ka socdo, cadaadis yar, oo joogto ah toos ugu hay barta dhiigaysa muddo 5 daqiiqo ah. Haddii dhiiggu joogsan waayo, Waaxda Gurmadka degdegga ah (Emergency Room) ee Xerada Ugu muhiimsan ee isbitaalka Seattle Children's (Seattle Children's Main Campus) ka soo wac lambarka 206-987-2222.
- Ilmahaaga ugu mayr ama ugu qubaysii oo keliya buush 2da maalmood ee ugu horreeya. Taas ka dib waxuu qaadan karaa qubaysiyo sarajoog iyo qubaysiyo dhakhso ah oo jiif. Ka ilaali qubaysiyada jiifka ee dhaadheer ama ku dabbaalashada barkadaha dabbaasha, harooyinka ama badweynta muddo 1 toddobaad ah.

Fikradaha ku saabsan isticmaalka saliidda qallaltire ah

- Mar kaste isticmaal qiyaas meeldhexaad ilaa ballaaran.
- Haddii ilmahaagu xafaayado xirto, taas u mari mar **walboo** aad xafaayadda ka beddesho. Haddii ilmahaagu musqusha isticmaalo, taas u mari 3 ilaa 4 jeer maalintii iyo hadba sida loogu baahdo.
- Saliidda qallaltire ah isticmaal muddo 2 toddobaad ah ama ilaa bartu wada bogsanayso.
- Saliidda qallaltire ah ugu mari fartaada ama qoriga cutubka leh.
- Saliidda qallaltire ah mari hareeraha giringirta PlastiBell haddii la isticmaalay ama caarada guska faashadda qalliinka dusheeda haddii la isticmaalay.
- Dib u riix guska hareerihisa (salka guska ee baruurta leh) haddii loo baahdo si ay saliidda qallaltire ah u gaarto barta qalliinka dhammaanteed.

Sideen u daryeelaa faashadda (haddii la isticmaalay)?

- Faashaddu waxay yarayn kartaa halista dhiigbaxa iyo bararka.
- Marka aad guriga joogto faashadda barta ka qaad 2 maalmood ka dib qalliinka.
- Haddii faashadda ay marto wasakhda saxarada (xaarku), islamarkaaba taas barta ka qaad si meesha la saray loo nadiifin karo. Tallaabooyinka hoose raac si aad faashadda barta uga qaaddo.
- Haddii faashaddu wasakh noqoto marka saxaradu taabato ama hore u dhacdo, mid kale ha ku beddelin.

Si aad faashadda barta uga qaaddo:

1. Ilmahaaga dhex fariisi biyaha diiran ee qubaysiga jiiifka qiyaas ahaan 10 daqiiqo. Waxay tani dabcin kartaa faashadda waxaana fududaan doonta in la saaro ama la qaado.
2. Haddii faashaddu ay dabci weydo, ilmahaaga dhex fariisi xamaamka ama qubaysiga jiiifka 10 ilaa 20 daqiiqo oo dheeraad ah.
3. Haddii ay weli adag tahay in faashadda la qaado ama ay u muuqato in ay meesha ku dhegtay, 1 koob oo saliid ah (galley, khudaar, seytuun ama saliidda dhallaanka) toos u dul mari guska. Tan ku daa 20 daqiiqo si ay u qooyso ka dibna faashadda barta ka qaad.
4. Haddii faashaddu aanay weli soo go'ayn, wac kiliniigga Kaadi mareenka (Urology) si aad fikrado dheeraad ah uga hesho.

Sideen u daryeelaa giringirta PlastiBell (haddii la isticmaalay)?

Haddii giringirta PlastiBell la isticmaalo, waa in ay iskeed u dhacdo shan maalmood ka dib. Haddii giringirtu ay dhacdo ka hor 5 maalmood, na soo wac si aad ballan u dhigato. Haddii giringirtu ay dhici weydo ka dib 10 maalmood, na soo wac si aad ballan u dhigato. Daryeel kale oo gaar ah looma baahna wixii aanan ahayn in la mariyo saliidda qallaltire ah (kor fiiri).

Maxaan filan karaa waqtiga bogsashada lagu gude jiro?

- Hareeraha barta la saray ayaa barari doonta oo casaan noqon doonta. Waxaad dhiig yar ku arki kartaa faashadda ama xafaayadda maalinta ugu horraysa ee qalliinka ku xigta. Waxaad weliba arki kartaa, qolof sare oo huruud ama jaalle ah ama qolofa nabar bogsaday. Waxay tani roonaan doontaa waqti ka dib.
- Si aad macluumaad dheeraad ah iyo sawirro uga hesho waxa aad filan karto qalliinka ka dib, buugyarayaga lagu magacaabo “Circumcision Photo Guide: What to Expect after Surgery” (Hagaha Sawirrada leh ee Gudniinka: Waxa la Filan karo Qalliinka ka dib) ka akhriso halkan seattlechildrens.org/pdf/PE2937.pdf.

Firfircooni ama waxqabad intee leeg ayuu ilmahaygu samayn karaa?

- Iska ilaali in aad ilmahaaga la samayso waxqabadyada fuulista lugaha lagu kala rito ee cadaadiska ku kordhiya barta u dhexeysa lugihiisa muddo 1 toddobaad ah. Waxaa tan ka mid ah:
 - In aad ilmahaaga saarto misigtaada
 - In aad ilmahaaga ku boodboodsiiso jilibkaaga
 - Qalabka xambaarista dhallaanka
 - Shayada lagu ciyaaro ee lagu boodboodo ee xakame leh
 - Baaskiillada, saddex shaagleyaasha ama shayada lagu ciyaaro ee la fuulo
- Ka ilaali ciyaarta isqabqabsashada, meel fuulista, ciyaaraha sboortiga ee la isku taabto iyo fasalka jimicsiga muddo 1 toddobaad ah. Waxaa xeer fiican ilmahaaga u ah in uu marwalba “labadiisa cagood dhulka ku hayo.”

Goormee ayuu ilmahaygu dugsiga ku noqon karaa?

Waxuu ilmahaagu dugsiga ku noqon karaa ka dib marka uusan u baahnayn daawada xanuunka ee hurdada keenta ama daawooyinka xanuunka ee dukaanka toos looga soo iibsado ee marar badan maalintii la qaato. Xasuusnow in uu dugsigu u baahan doono in uu oggol yahay in uu saliidda qallaltire ah mariyo guska ilmahaaga ama ilmahaaga ayaa u baahan doona in uu tan iskiis u samaysto.

Miyuu ilmahaygu xanuun yeelan doonaa?

- Qalliinka ka dib, waxaa la filan karaa in uu ilmahaagu xanuun ka dareemo guskiisa. Waxaan annagu idinla shaqaynaa adiga iyo ilmahaaga si aan inta suurogalka ah u wada tirno xanuunka. Heer kastoo uu gaarsiisan yahay xanuunka ilmahaagu qabo, rumayso xanuunkiisa oo islamarkaaba ka jawaab celi.
- Xanuun xakamaynta waxtarka leh ayaa ilmahaaga ka caawin doonta in uu dareenkiisu roonaado oo uu si ka dhakhso badan u bogsado. Daawada Acetaminophen (Tylenol) iyo/ama ibuprofen (Advil ama Motrin) ayaa ah daawooyinka caadi ahaan lagu daaweeyo xanuunka. Carruurta waaweyn waxaa la siin karaa daawada oxycodone. Bixiyahaaga daryeelka caafimaadka marka hore ka warayso ka hor inta aadan wax daawo ah ilmahaaga siinin.
- Xanuunka ayaa roonaan doona waqti ka dib, caadi ahaan ka dib maalinta ugu horraysa carruurta intooda ugu badan. Ka sokow daawada xanuunka loogu talagalay, waxaad weliba ilmahaaga ka caawin kartaa u adkaysiga adigoo isaga ku jeediya muusiko, ciyaaro, telefishinka ama fiidiyowyo.
- Si aad macluumaad dheeraad ah u hesho, buugyarayaga lagu magacaabo “Acute Pain” (Xanuunka Daran) ka akhriso halkan seattlechildrens.org/pdf/PE503.pdf.

Si aad War dheeraad ah u Hesho

- Waaxda kaadi mareenka
206-987-2509
- Qalliinka Guud (General Surgery)
206-987-0237
- Weydii kalkaaliyaha caafimaadka ama takhtarka ilmahaaga
- seattlechildrens.org

Adeegyo Turjumaan oo Bilaash ah

- Isbitaalka gudiihiisa, weydii kalkaaliyaha caafimaadka ilmahaaga.
- Isbitaalka dibaddiisa, soo wac Khadka Turjumaanka Qoyska (Family Interpreting Line) ee bilaashka ah
1-866-583-1527.
Turjumaanka u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.

Sideen iskaga tuuraa daawada aan isticmaali waayo?

Si aad qoyskaaga nabadda ugu ilaaliso, daawooyinka ku hayso kabadh ama khaanad qufulan ama meel aanay dadka kale si fudud uga gaari karin. Marka uu ilmahaagu qalliinka ka bogsado, iska tuur dhammaan daawooyinka aadan isticmaalin. Waxaa khatar badan yeelan karta qaadashada kaska ah ama shilka ah, ee daawooyinka xanuunka ama kuwa kale ee soo hara. Si aad u hesho macluumaad dheeraad ah oo ku saabsan sida nabadda ah ee la iskaga tuuro daawooyinka la isticmaali waayo xataa daawooyinka xanuunka, buugyarayaga lagu magacaabo “How to Get Rid of Unused Prescription Medicines” (Sida la Iskaga Tuuro Daawooyinka La Qoray ee la Icticmaali Waayo) ka akhriso halkan seattlechildrens.org/pdf/PE784 ama booqo takebackyourmeds.org si aad u hesho meesha dib loogu celiyo ee kuu dhow.

Goormee ayay habboon tahay in aan takhtar waco?

Haddii uu ilmahaagu dhibaatooyin qabo, maalinta dhexdeeda wac kiliniiggiisa qalliinka ee takhasuska leh. Saacadaha aanan la shaqaynin wac lambarka 206-987-2000 oo shaqaalaha telefoonka isbitaalka weydiiso takhtarka qalliinka ee Guud ama Kaadi mareenka (Urology) ee goobjoogga ah taasoo ku xiran adeegga sameeyey qalliinka ilmahaaga. Annaga na soo wac haddii ilmahaagu uu yeesho mid ka mid ah calaamadahan digniinta ah:

- Xummad ama qandho ka badan 101.5° F (38.6° C)
- Casaan iyo barar kor ugu faafa dhanka caloosha
- Dhiigbaxa la joojin kari waayo ka dib marka shan daqiiqo cadaadis lagu hayo
- Ilmahaaga ayaa qaba xanuun ay celin weydo daawada loo qoray
- Ma kaadin karo 8 ilaa 12 saacadood qalliinka ka dib

Isbitaalka Seattle Children's waxuu adeegyo turjumaan oo bilaash ah ugu deeqaa bukaannada Dhego la', dhego culus ama aanan af Ingiriisi ku hadlin, xubnaha qoyska iyo wakiillada sharciyeed. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201.

Waxaa buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyaha ilmahaaga ayaa gooni u ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyaha daryeelka caafimaadka ilmahaaga.

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PE151SO



Circumcision

Instructions for caring
for your child after
their circumcision

What is a circumcision?

This surgery removes the foreskin and uncovers the head of the penis.

When will my child be able to go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

How do I care for the surgery site?

- After surgery, your child may have a dressing (bandage) on his penis. There will be an opening in the top that he will be able to urinate (pee) out of.
- If your child does not have a dressing, he may have a PlastiBell ring or surgery glue.
- Starting the day of surgery, put petroleum jelly (Vaseline) over your child's surgical site. This keeps the penis protected while it is healing.
- If the penis is actively bleeding, apply constant, gentle pressure directly to the bleeding area for 5 minutes. If the bleeding continues, call the Seattle Children's Main Campus Emergency Room at 206-987-2222.
- Give your child only sponge baths only for the first 2 days. After that they can take showers and quick baths. Avoid long baths or swimming in pools, lakes or the ocean for 1 week.

Tips for using petroleum jelly

- Use a moderate to large amount each time.
- If your child is in diapers, apply it at **every** diaper change. If your child uses the toilet, apply it 3 to 4 times a day and as needed.
- Use the petroleum jelly for 2 weeks or until the area is completely healed.
- Put the petroleum jelly on with your finger or cotton swab.
- Apply the petroleum jelly around the PlastiBell ring if used or on the tip of the penis over the surgical dressing if used.
- Push back the area around the penis (suprapubic fat pad) if needed so that the petroleum jelly covers the entire surgical site.

How do I care for the dressing (if used)?

- The dressing helps to reduce the risk of bleeding and swelling.
- Remove the dressing at home 2 days after surgery.
- If the dressing becomes dirty with stool (poop), remove it right away so the incision can be cleaned. Follow the steps below to remove the dressing.
- If the dressing gets dirty from stool or falls off early, do not replace it.

To remove the dressing:

1. Have your child sit in a warm bath for about 10 minutes. This helps loosen the dressing and makes it easier to remove.
2. If the bandage is not loosening, have your child sit in the bath for another 10 to 20 minutes.
3. If the dressing is still not coming off easily or seems to be stuck, apply 1 cup of oil (corn, vegetable, olive or baby oil) directly on the penis. Allow this to soak in for 20 minutes and then remove the dressing.
4. If the dressing is still not coming off, call the Urology clinic for more tips.

How do I care for the PlastiBell ring (if used)?

If a PlastiBell ring is used, it should fall off after five days. If the ring falls off before 5 days, call us to schedule an appointment. If the ring does not fall off after 10 days, call us to schedule an appointment. No other special care is needed aside from putting on the petroleum jelly (see above).

What can I expect during the healing process?

- The area around the incision will be swollen and red. You may see a small amount of blood on the dressing or in the diaper the first day after surgery. You may also notice some bruising, yellow crusting or scabbing. This will get better with time.
- For more information and photos of what to expect after surgery, read our handout “Circumcision Photo Guide: What to Expect after Surgery” at seattlechildrens.org/pdf/PE2937.pdf.

How much activity can my child do?

- Avoid any straddle activities with your child that increase pressure between their legs for 1 week. This includes:
 - Holding your child on your hip
 - Bouncing your child on your knee
 - Baby-wearing devices
 - Bouncer toys that use a harness
 - Bicycles, tricycles or ride on toys
- Avoid rough play, climbing, contact sports and gym class for 1 week. A good rule of thumb for your child is to keep “both feet on the ground.”

When can my child return to school?

Your child may return to school when they no longer need narcotic pain medication or frequent daytime over-the-counter pain medications. Keep in mind the school will need to be comfortable with putting the petroleum jelly on your child’s penis or your child will need to do this for himself.

To Learn More

- Urology 206-987-2509
- General Surgery 206-987-0237
- Ask your child's nurse or doctor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Will my child have pain?

- After surgery, your child will likely feel pain on his penis. We partner with you and your child to relieve pain as completely as possible. No matter the level of your child's pain, believe they are hurting and respond right away.
- Effective pain control will help your child feel better and heal faster. Acetaminophen (Tylenol) and/or ibuprofen (Advil or Motrin) are common medicines to treat pain. Older children may receive oxycodone. Check with your healthcare provider before giving any type of medicine to your child.
- The pain will get better as time passes, usually after the first day for most children. In addition to medicine for pain, you can also help your child cope by distracting them with music, games, TV or videos.
- For more information about pain, read our handout "Acute Pain" at seattlechildrens.org/pdf/PE503.pdf.

How do I dispose of unused medication?

To keep your family safe, store medicines inside a locked cabinet or location where others cannot easily get to them. Once your child has recovered from surgery, dispose of all unused medicines. Taking leftover pain or other medicines on purpose or by accident, can be very dangerous. For more information about safe disposal of unused medications including pain medications, read our handout "How to Get Rid of Unused Prescription Medicines" at seattlechildrens.org/pdf/PE784 or visit takebackyourmeds.org to find a take back place near you.

When should I call a doctor?

If your child is having any problems, call their specialty surgery clinic during the day. After hours, call 206-987-2000 and ask the hospital operator for the General or Urology surgeon on call depending on which service did your child's surgery. Call us if your child has any of these warning signs:

- Fever higher than 101.5° F (38.6° C)
- Redness and swelling that spreads up into the stomach area
- Bleeding that cannot be stopped after five minutes of pressure has been applied
- Your child has pain that can't be controlled by the medicine prescribed
- Cannot pee in 8 to 12 hours after surgery