

Qalliinka Guska: Tilmaamaha Daryeelka Dambe

Tallaabooyinka aad ilmahaaga ku daryeelayso ka dib qalliinkiisa ama

Waa maxay nooca qalliinka ee ilmahayga lagu sameeyey?

- Sarista cinjirrada qolofaha guska
- Furista daloolka afka guska / Furista afka guska oo la tolo
- Gudniinka
- Dib u hagaajinta guska aasan
- Saxista taagga guska
- Saxista qallooca guska
- Jarista fiixda ama boog hoosaadka guska
- Wax kale _____

Goormee ayuu ilmahaygu 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?

- Waa caadi in dhiig yar lagu arko barta qalliinka lagu sameeyey. Waxaad cadaadis yar saari kartaa goobta ilaa dhiiggu joogsanayo ilaa 5 daqiiqo.
- Laga bilaabo maalinta qalliinka, barta qalliinka ee guska mari saliid qallaltire ah (sida Faasaliinta). Waxay taasi ilaalin doontaa guska inta uu bogsanayo.
- Mar kaste isticmaal qiyaas meeldhexaad ilaa ballaaran ee saliidda qallaltire ah.
- Saliidda qallaltire ah ugu mari fartaada ama qori cutub leh.
- Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.
 - Saliidda qallaltire ah u mari mar kastoo aad ka beddesho xafaayadda muddo _____ toddobaad ah.
 - Saliidda qallaltire ah u mari _____ jeer maalintii muddo _____ toddobaad ah.

Goormee ayuu ilmahaygu qubaysi qaadan karaa uuna dabbaalan karaa?

Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.

- Waxuu ilmahaagu qaadan karaa qubaysiga sarajoogga ama jiifka ah wuuna dabbaal tagi karaa haddii uusan takhtarkaaga qalliinku kuu diidin.
- Waxaa laga yaabaa in ilmahaagu uu qaato oo **keliya** qubaysiga buushka loo isticmaalo ilaa takhtarkiisa qalliinku kuu sheegayo in qubaysiga sarajoogga iyo jiifku ay hagaag yihiin.

- Waxuu ilmahaagu qubaysiga sarajoogga qaadan karaa ka dib _____ maalmood. Waxuu ilmahaagu qubaysiga jiiifka qaadan karaa ka dib _____ maalmood.
- Waxuu ilmahaagu dabbaalan karaa ka dib _____ maalmood.

Sideen u daryeelaa faashadda?

Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.

- Ma jirto faashad loo baahan yahay in barta laga qaado.
- Faashadda barta ka qaad ka dib _____ maalmood. Haddii faashaddu wasakh noqoto ama hore u dhacdo, mid kale ha ku beddelin. Haddii faashadda ay marto wasakhda saxarada (xaarku) ka dib marka saxarada la is soo dhaafiyo, taas barta ka qaad si meesha la saray loo nadiifin karo. Tallaabooyinka hoose raac si aad faashadda barta uga qaaddo.

Sideen faashadda barta uga qaadaa?

- Ilmahaaga dhex fariisi biyaha diiran ee qubaysiga jiiifka ama sarajoogga qiyaas ahaan 10 daqiiqo. Waxay tani dabcin doontaa faashadda si ay u fududaato in la saaro ama la qaado. Haddii faashaddu ay dabci weydo, ilmahaaga dhex fariisi xamaamka ama qubaysiga jiiifka 10 ilaa 20 daqiiqo oo dheeraad ah.
- Haddii ay weli adag tahay in faashadda la qaado ama ay meesha ku dhegto, 1 koob oo saliid ah (galley, khudaar, seytuun ama saliidda dhallaanka) dul mari guska. Tan ku daa 20 daqiiqo si ay u qooyso ka dibna faashadda barta ka qaad.
- Haddii faashaddu aanay weli soo go'ayn, wac xafiiska waaxda kaadi mareenka (urology) si aad fikrado dheeraad ah uga hesho.

Firfircooni ama waxqabad intee leeg ayuu ilmahaygu samayn karaa?

Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.

- Firfircoonida ama waxqabadka caadiga ah
- Iska ilaali in aad ilmahaaga la samayso waxqabadyada fuulista lugaha lagu kala rito ee cadaadiska ku kordhiya barta u dhexeysa lugihiisa muddo _____ maalmood 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
 - **Dhibaato ma leh in la isticmaalo kuraasta gawaarida iyo kuraasta sare u dheer.**

- Ka ilaali ciyaarta isqabqabsashada, meel fuulista, ciyaaraha sboortiga ee la isku taabto iyo fasalka jimicsiga muddo _____ maalmood ah. Tilmaan ahaan ama xeer ahaan hubi in ilmahaagu uu marwalba labadiisa cagood ku hayo dhulka ilaa uu wada bogsanayo.
- Waxuu ilmahaagu dugsiga ku noqon karaa ka dib _____ maalmood.
- 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. Waxuu dugsigu u baahan doonaa in uu oggol yahay in uu saliidda qallaltire ah mariyo guska ilmahaaga ama ilmahaaga ayaa u baahan doona in uu tan iskiis u samaysan karo.

Miyuu ilmahaygu xanuun yeelan doonaa?

- Qalliinka ka dib, waxaa laga yaabaa 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. Daawada ka sokow, waxaad weliba ilmahaaga ka caawin kartaa u adkaysiga adigoo isaga ku jeediya muusiko, ciyaaro, telefishinka ama fiidiyowyo.
- Si aad macluumaad dheeraad ah u hesho, buugyarahayaga lagu magacaabo “Acute Pain” (Xanuunka Daran) ka akhriso halkan www.seattlechildrens.org/pdf/PE503.pdf.

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, buugyarahayaga lagu magacaabo “How to Get Rid of Unused Prescription Medicines” (Sida la Iskaga Tuuro Daawooyinka La Qoray ee la Isticmaali Waayo) ka akhriso halkan seattlechildrens.org/pdf/PE784 ama booqo takebackyourmeds.org si aad u hesho meesha dib loogu celiyo ee kuu dhow.

Si aad War dheeraad ah u Hesho

- Waaxda kaadi mareenka 206-987-2509
- Weydii kalkaaliyaha caafimaadka ama takhtarka ilmahaaga
- seattlechildrens.org

Adeegyo Turjumaan oo Bilaash ah

- Isbitaalka gudahiisa, 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.

Goormee ayay habboon tahay in aan takhtar waco?

Haddii uu ilmahaagu dhibaatooyin qabo, fadlan xafiiskayaga ka soo wac lambarka 206-987-2509 maalinta dhexdeeda. Saacadaha aanan la shaqaynin wac lambarka 206-987-2000 oo shaqaalaha telefoonka weydiiso Waaxda kaadi mareenka (Urology).

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
- Matagaya

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.

© 2018 Seattle Children's, Seattle, Washington. Xuquuq dhammaan reeban.



Penile Surgery: After Care Instructions

Steps for caring for your child after their surgery or procedure

What type of surgery did my child have?

- Lysis of penile adhesions
- Meatotomy / Meatoplasty
- Circumcision
- Buried penis repair
- Correction of penile angulation
- Correction of chordee
- Penile cyst excision
- Other _____

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?

- It is normal to see a small amount of bleeding at the surgical site. You can apply gentle pressure to the area until the bleeding stops for up to 5 minutes.
- Starting the day of surgery, put petroleum jelly (like Vaseline) over the surgical site on the penis. It will keep the penis protected while it heals.
- Use a moderate to large amount of petroleum jelly each time.
- Put the petroleum jelly on with your finger or a Q-tip.
- Follow the tips with a check below for your child.
 - Apply the petroleum jelly at each diaper change for ____ weeks.
 - Apply the petroleum jelly _____ times a day for _____ weeks.

When can my child take a bath and swim?

Follow the tips with a check below for your child.

- Your child can take a shower or bath and go swimming unless your surgeon tells you not too.
- Your child may have a sponge-bath **only** until their surgeon tells you shower and baths are ok.
- Your child may shower after _____ days. Your child may bathe after _____ days.
- Your child may swim after _____ days.

How do I care for the dressing?

Follow the tips with a check below for your child.

- There is no dressing to remove.
- Remove the dressing in _____ days. If the dressing gets dirty or falls off early, do not replace it. If the dressing becomes dirty with stool (poop) after a bowel movement, remove it so the incision can be cleaned. Follow the steps below to remove the dressing.

How do I remove the dressing?

- Have your child sit in a warm bath or shower for about 10 minutes. This will loosen the dressing to make it easier to remove. If the bandage is not loosening, have your child sit in the bath for 10 to 20 more minutes.
- If the dressing is still not coming off easily or is stuck, put 1 cup of oil (corn, vegetable, olive or baby oil) on the penis. Allow this to soak in for 20 minutes and then remove the dressing.
- If the dressing is still not coming off, call the urology office for more tips.

How much activity can my child do?

Follow the tips with a check below for your child.

- Normal activity
- Avoid any straddle activities with your child that increase pressure between their legs for _____ days. This includes:
 - Holding your child on your hip
 - Bouncing your child on your knee
 - Baby-wearing devices
 - Bouncer toys that have a harness
 - Bicycles, tricycles or ride on toys
 - **It is fine to use car seats and high-chairs.**
- Avoid rough play, climbing, contact sports and gym class for _____ days. Have your child keep both feet on the ground as a guideline until they are done healing.
- Your child may return to school after _____ days.
- Your child may return to school when they no longer need narcotic pain medication or frequent daytime over-the-counter pain medications. The school will need to be comfortable with putting the petroleum jelly on your child's penis or your child will need to be able to do this for himself.

Will my child have pain?

- After surgery, your child may 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.

To Learn More

- Urology
206-987-2509
- 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.

- 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 first 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, you can also help your child cope by distracting them with music, games, TV or videos.
- For more information, read our handout "Acute Pain" at www.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 our office at 206-987-2509 during the day. After hours call 206-987-2000 and ask the operator for Urology. 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 not controlled by the medicine prescribed
- Cannot pee in 8 to 12 hours after surgery
- Vomiting