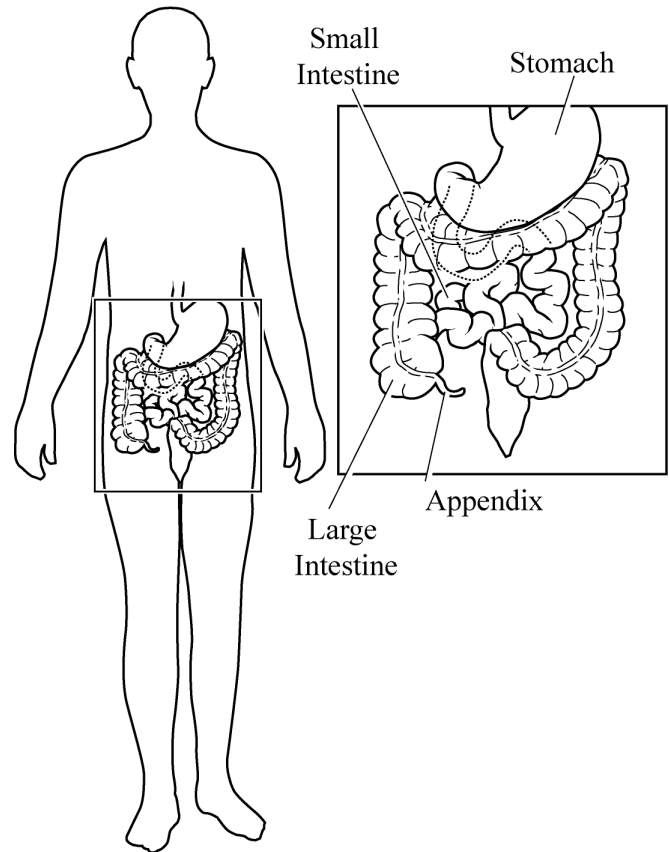


# Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea and vomiting. If the appendix bursts, it can make you very sick.

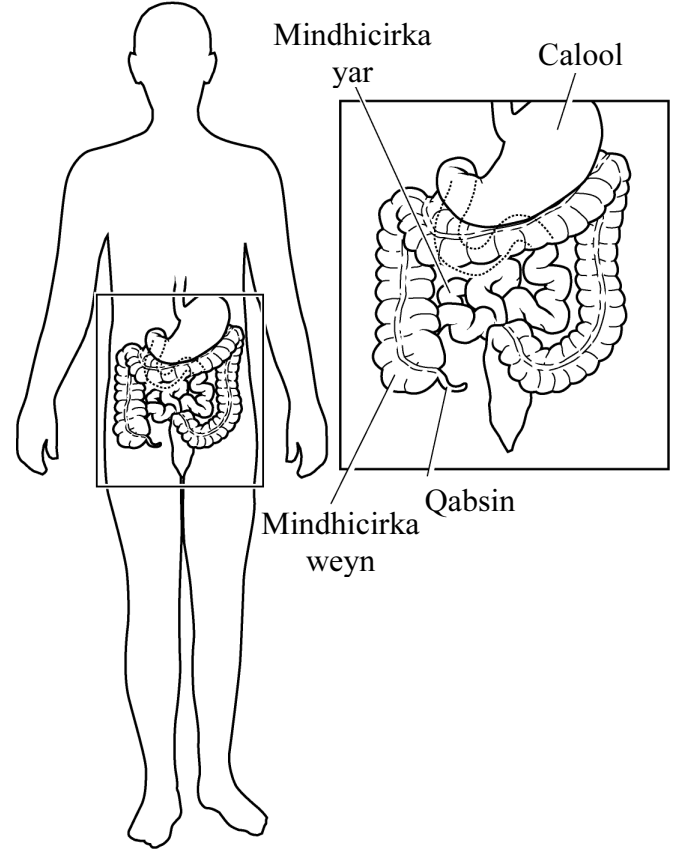


There are two ways to do this surgery:

- **Open appendectomy** - a single incision is made in the abdomen. The doctor works through this larger incision to remove the appendix.
- **Laparoscopic appendectomy** - 3 or 4 small incisions are made in the abdomen. The doctor uses a camera and tools through the small incisions to remove the appendix. With this type of surgery, your child may recover faster, have less pain, less scarring, fewer wound problems and often spends less time in the hospital.

# Qabsin-saarid ilmo

Qabsin-saarid waa qalitaan lagu saarayo qabsinka/ abindijiidada (appendix). Qabsinku waa kiish yar oo ka farcama xiidmaha weyn. Qabsinku marmarka qaarkood wuu gufeysmaa waana uu caabuqaa/fashfashaa oo uu bararaa. Calaamadha qabsin caabuqay/fashfashay waxa ka mid ah dhinaca midigta hoose ee caloosha oo xanuuna, qandho, rabitaanka cuntada oo xumaada, lallabo iyo mattag. Haddii qabsinku dilaaco, si weyn ayaad u jiran kartaa.



Waxa jira laba siyaabood oo loo sameyn karo qalitaankan:

- **Open appendectomy** - hal meel oo laga jeexo caloosha. Dhakhtarku waxa uu ku dhex shaqeeyaa halkaas jeexis ee weyn si loo soo saaro qabsinka.
- **Laparoscopic appendectomy** - 3 ama 4 meelood oo yaryar ayaa laga jeexaa caloosha. Dhakhtarku waxa uu isticmaalaa kamarad iyo qalab iyada oo la marayo jeexitaanada yaryar si loo soo saaro qabsinka. Marka la sameeyo qalitaanka noocan ah, waxa laga yaabaa in ilmahaagu hore u bogsado, uu yeesho xanuun aan badnayn, ay qolofu yaraato, ay yaradaan dhibaatooyinka dhaawaca taasoo yaraysa wakhtiga uu joogayo cisbitaalka.

## **To Prepare**

- Tell your doctor what medicines your child is taking including prescriptions, over the counter medicines, vitamins and herbs.
- If your child has any allergies to medicines, foods or other things, tell the staff.
- Your child should have nothing more to drink until after the surgery.

## **During Surgery**

- Your child will wear a hospital gown.
- An IV (intravenous) is put into a vein in your child's arm or leg for giving medicine and fluids.
- Your child will be taken on a cart to the surgery room. A belt may be put over your child's legs for safety.
- Your child will be given medicine so he or she will sleep through the surgery. The medicine will be given through the IV or a face mask.
- The abdomen is cleaned and sheets are put over your child to keep the surgery area clean.
- An incision is made in your child's abdomen. With laparoscopic, 3 or 4 incisions are made.
- The appendix is removed.
- The incision(s) are closed with stitches, staples or special tapes called steri-strips.
- If stitches or staples are used, a bandage is taped over them.

## **Is Diyaaris**

- U sheeg dhakhtarkaaga dawooyinka ilmahaagu qaadato noocooda, oo ay ka mid yihiin dawooyinka dhakhtar qoray, dawooyinka la iska iibsano karo warqad dhakhtar la'aan, fitamiinada iyo geedaha.
- Haddii ilmahaagu ku qabo wax diidmooyin/ xasaasiyad ah daawo, cunto, ama waxyaabo kale, u sheeg shaqaalaha.
- Waa inaan ilmahaagu wax kale cunin ama cabin ilaa qalitaanka ka dib.

## **Inta Lagu Jiro Qalitaanka**

- Waxa ilmahaagu gashan doonaa marada cisbitaalka.
- Tuubo xidid la galinayo ( IV) ayaa la galin doonaa xidid ku yaala gacmaha ama lugaha si ilmahaaga loo siiyo dawo iyo dheecaano.
- Waxa ilmahaagu lagu qaadi doonaa sariir si loo geeyo qolka. Waxa lagu wareejin doonaa miiska qalitaanka. Waxa laga yaabaa in suun lugaha ilmahaaga lagu xidho ammaankiisa daraadii.
- Waxa ilmahaaga la siin doonaa dawo si uu u hurdo inta qalitaanku socdo. Dawada waxa loo marin doonaa tuubo xidid ku jirta (IV) ama waji-qaris wajiga lagu daboolayo.
- Waxa la nadiifin doonaa caloosha waxana ilmahaaga la dul saari doonaa go'yaal si meesha qalitaanka looga dhigo nadiif.
- Caloosha ilmahaaga ayaa la jeexi doonaa, iyada oo la adeegsanayo habka ah “laparoscopic,” 3 ama 4 jeexis ayaa la sameeyaa.
- Qabsinka ayaa lagaa saari doonaa.
- Meelaha la jeexay waxa lagu xiri doonaa tolmo, qabatooyin ama sharooto/dhejisyo gaar ah oo loo yaqaano “steri-strips”.
- Haddii tolmo ama qabatooyin la isticmaalo, faashad ayaa dusha looga dhejin doonaa.

## **After Surgery**

### **In the Hospital**

- Your child is taken to the recovery room and watched closely until he or she wakes up and is doing well.
- Your child's breathing, blood pressure and pulse are checked often.
- Your doctor will talk to you about your child's surgery.
- Most children are ready to go home in 24 hours.
- Medicines given during the surgery will make your child sleepy. Your child should be watched closely for 24 hours after you go home.

### **At Home**

- Your child should get plenty of rest.
- Give medicines as directed by your doctor.
- Call your child's doctor's office to schedule a follow up visit.
- Your child may take a shower. Do not let your child take a tub bath for one week after surgery. Remove the bandage(s) over the incision(s) when your child takes a shower or at least one time each day. Carefully wash the incisions with soap and water and pat dry. Put new band-aids over each incision. Change the band-aids any time they get wet or dirty.
- If your child has steri-strips, leave them alone. They will fall off on their own.

## **Qalitanka ka dib**

### **Cisbitaalka Gudihisa**

- Waxa ilmahaaga la geyn doonaa qolka bogsashada halkaasoo si weyn loogu ilaalin doono ilaa uu ka soo toosayo oo uu ka fiicnaado.
- Neefsashada, cadaadiska dhiigga iyo garaaca wadnaha ee ilmahaaga ayaa marrar badan la hubin doonaa.
- Dhakhtarkaaga ayaa kaala hadli doonaa qalitaanka ilmahaaga.
- Caruurta intooda badani waxay diyaar u noqdaan inay guriga tagaan 24 saacadood gudahood.
- Dawooyinka la siiyo ilmahaaga wakhtiga qalitaanka waxay ku ridi doonaan hurdo-hurdo. Waa in ilmahaaga si weyn loo ilaaliyo mudo ah 24 saacadood ka dib marka aad ku noqotaan guriga.

### **Guriga Gudihisa**

- Waa in ilmahaagu helo nasasho badan.
- Dawooyinka u sii sida uu kuu sheego dhakhtarku.
- Wac xafiiska dhakhtarka ilmahaaga si aad u samaysatid ballan booqasho la-socod ah.
- Ilmahaagu wuu qubeysan karaa. Ha u oggalaan ilmuhu inuu qaato qubeys lagu fadhiisanayo saxanka qubeyska mudo ah hal todobaad qalitaanka ka dib. Ka qaad faashadda meelaha la jeexay marka ilmahaagu qubeysto ama ugu yaraan hal mar maalin kasta. Si tartiib ah ugu dhaq meelaha la jeexay biyo iyo saabuun oo si tartiib ah ugu qalaji taabasho. Saar faashado ah dhejis ama sharooto cusub meelaha la jeexay. Ka beddel faashadaha dhejiska ah wakhti kasta oo ay qoyaan ama wasakh noqdaan.
- Haddii ilmahaaga ay ku yaalaan qabatooyin ah “steri-strips”, iska daa. Iyaga ayaa iska soo dhici doona.

- It may be hard for your child to have a bowel movement after surgery. Walking and eating high fiber cereals, beans, vegetables and whole grain breads will help. Drinking a lot of liquids may also help.
- Your child may need to do deep breathing and coughing exercises to keep from getting a lung infection after surgery. Have your child deep breathe and cough every hour while awake and if he or she wakes up during the night.
- Your child should not lift objects over 10 pounds for three days.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about one week if laparoscopic surgery was done. If it was an open surgery, recovery may take longer.

Call your doctor **right away** if your child has:

- Pain in the abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising or swelling
- A fever over 101 degrees F
- Chills, a cough, or is feeling weak and achy
- Vomiting
- Skin that is itchy, swollen skin or a new rash
- Trouble having a bowel movement or has diarrhea often

- Waxa laga yaabaa in ilmahaaga ay dhib ku noqoto inuu saxaroodo qalitaanka ka dib . Socodka iyo cunista cunto qani ku ah dufka sida siriyaalka (cereals), digirta, khudrada/cagaarka iyo rootiga/roodhida ka sameysan xabuublay aan buushe laga saarin (whole grain) ayaa caawin doona. Waxa kale oo caawin kara cabista cabitaano badan.
- Waxa laga yaabaa in ilmahaagu u baahan yahay inuu sameeyo neefsasho xoog leh iyo jimicsiyo qufac si uu uga badbaado sambabada oo caabuuq /fashfasha qalitaanka ka dib. Xoog ha u neefsado oo ha qufaco saacad kasta inta uu soo jeedo iyo haddii uu soo tooso habeenkii.
- Waa inaan ilmahaagu qaadin alaab culus oo ka badan 4.5 kiilo garaams (10 rodol) mudo ah saddex maalmood.
- Kala hadal dhakhtarka ilmahaaga ama kalkaalisada xadka u yaalaa firfircoonida kale. Waa in ilmahaagu awoodo inuu ku laabto firfircoonida caadiga ah in lagu qiyaaso hal todobaad haddii qalitaan ah “laparoscopic” loo sameeyay. Haddii qalitaanku ahaa mid furan, waxa laga yaabaa inay bogsashadu intaa ka dheerato.

Wac dhakhtarkaaga **isla markiiba** haddii ilmahaagu qabo:

- Xanuun ah caloosha ama garabka oo aan tagaynin ama ka sii daraya
- Casaan, burbur maqaar ama barar soo kordhay
- Qandho ka sareysa 38 darajo C (101 darajo F)
- Qarqaryo, qufac ama dareen ah tabar-dari iyo xanuun
- Matag
- Maqaar leh cuncun, barar ama finan cusub
- Saxarada oo dhib ah ama shuban badan



Call 911 **right away** if:

- The incisions come apart.
- There is new bleeding from the incisions.
- Your child has trouble breathing all of a sudden.
- Your child has chest pain.

**Talk to your doctor or nurse if you have any questions or concerns.**

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Wac 911 **isla markiiba** haddii:

- Meeshii la jeexay ay furanto.
- Dhiig-bax cusub ka yimaado meeshii la jeexay.
- Ay si kadis ah ilmahaaga neefsashadu dhib ugu noqoto.
- Ilmahaagu leeyahay xanuun laabta ah.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.**

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Appendectomy for a Child. Somali