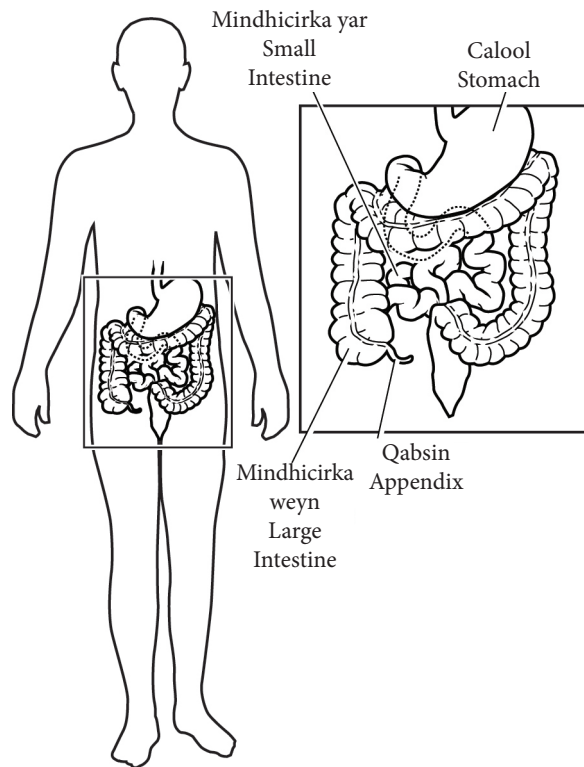


Qaliinka Sahlan ee Xudunta ee Carruurta

Simple Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that comes off of 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.

To do this surgery, the doctor will make 3 or 4 small incisions in the abdomen.



Qaliinka ukurka waa qaliinka looga saarayo ukurka. Xudunta waa buuf yar ee ka soo baxo mandhaciirka weyn. Xudunta mararka qaar wuu xirmaa oo wuu caabuqaa oo bararaa. Aastaamaha xudunta caabuqsan waxaa ku jiro xundhur xanuunka ee dhinaca midigta hoose, qandhada, cunista liidato, lalabada, iyo mataga. Haddii xudunta qaraxdo, waxay kaa dhigi kartaa jiro weyn.

Si aad ugu dardid qaliinkaan, dhaqtarka wuxuu sameynayaa 3 ama 4 duleel yaryar ee xundhurta.

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.

Si aad U diyaargarowdid

- U sheeg dhaqtarkaaga daawooyinke canugaaga qaadanayo oo ay ku jiraan qoraalada daawada, daawooyinka laga iibsado dukaanka, fitamiinada, iyo dhirta.
- Haddii canugaaga ku yahay alarji daawooyinka, cuntooyinka, ama waxyaabaha kale, u sheeg shaqaalaha.
- Canugaaga waa inuusan lahaanin wax badan ee la cabo illaa qaliinka kadib.

During Surgery

- Your child will wear a hospital gown.
- An IV (intravenous) is put into a vein for giving medicine and fluids.
- 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.
- Incisions are made in your child's abdomen.
- The appendix is removed.
- The incisions are then closed with:
 - Gauze and tape dressing
 - Steri-Strips™, a special tape
 - Dermabond®, a special glue
- A transparent dressing, called Opsite, or bandages may be placed over the wounds.

After Surgery

In the Hospital

- Your child is taken to the Post Anesthesia Care Unit (PACU) 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.
- Your child will need to get up and walk around after surgery. This helps "wake up" the bowels, and helps with your child's breathing and blood circulation.

Inta lagu jiro Qaliinka

- Canugaaga wuxuu xiranayaa dharka isbitaalka.
- (Faleenbada) IV ayaa la geliyaa xididka ee lagu siinayo daawada iyo dhacaanada.
- Canugaaga waxaa la siinayaa daawo, marka isaga ama iyada waxay ku seexanayaan illaa qaliinka. Daawada waxaa laga siinayaa dhinaca IV ama wajiga maaskaraha.
- Xundhurta waa la nadiifiyaa iyo go'yo ayaa la dhigaa dhinaca canugaaga si ay ugu hayso nadiif aaga qaliinka.
- Duleelada waxaa lagu sameeyaa xundhurta canugaaga.
- Xudunta ayaa laga saaraa.
- Duleelada ayaa lagu xiraa kadib:
 - Faasho iyo koolada duubida
 - Steri-Strips™, koolo gaar ah
 - Dermabond®, galuu gaar ah
- Duubida dheelitiran, waxaa loo yaqaan Opsite, ama faashooyinka waxaa la saari karaa dhaawaca.

Qaliinka Kadib

Ee Isbitaalka

- Canugaaga waxaa la geeyaa Qeybta Daryeelka Suuxdinta (PACU) iyo si dhow loo eegaa illaa isaga ama iyada ka kacaan oo wanaag sameynayaan.
- Neefsigaa canugaaga, dhiig karka, iyo garaaca wadnaha waa la eegaa inta badan.
- Dhaqtarkaaga wuxuu kaala hadlayaa wax ku saabsan qaliinka canugaaga.
- Canugaaga wuxuu u baahanayaa inuu kaco oo agagaarka ku lugeeyo qaliinka kadib. Tani waxay caawisaa "kacitaanka" caloosha, oo ku caawisaa canugaaga neefsigaa iyo qeybinta dhiiga.

- Your child may be able to go home the same day as surgery if he or she can walk, take pain medicine by mouth, and drink clear liquids.
- 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.
- Follow the instructions given to you on how to care for your child's incisions.
 - ❑ **Steri-Strips™:** The tapes will fall off on their own. Do not remove them unless the doctor says that it is okay.
 - ❑ **Dermabond®:** The glue will loosen from your child's skin as your child's wounds heal. Wounds covered in Dermabond® need to be kept dry for one day after surgery.
 - ❑ **Opsite:** Leave this dressing in place. It will fall off on its own in 1 to 2 weeks. Do not remove unless your child's doctor says that it is okay.
- Your child may take a shower. Do not let your child take a tub bath or swim for one week after surgery. Carefully wash the incisions with soap and water and pat dry.

- Canugaaga waxaa laga yaabaa inay u suurto gasho inuu guriga aado isla maalinta sida qaliinka haddii isaga ama iyada uu socon karo, qaado daawada xanuunka oo afka ah, oo cab biyo cad.
- Daawooyinka la siiyo inta lagu jiro qaliinka waxay gelineysaa canugaaga hurdo. Canugaag waa in si dhow loo illaaliyaa qiyaastii 24 saac kadib markaad guriga aadid.

Guriga

- Canugaaga waa inuu helaa nasiinyo badan.
- U sii daawooyinka sida u tilmaamay dhaqtarkaaga.
- Soo wac xafiiska dhaqtarka canugaaga si aad u balansatid dabagalka booqashada.
- Raac tilmaamaha lagu siiyay ee sida loo daryeelo duleelada canugaaga.
 - ❑ **Steri-Strips™:** Kuulooyinka iskooda ayay u dhacayaan. Haka qaadin illaa dhaqtarka dhaho waa la sameyn karaa.
 - ❑ **Dermabond®:** Galuuda waxay ka dabceysaa maqaarka canugaaga sida dhaawaca canugaaga u boksanayo. Dhaawacyada ku daboolan Dermabond® waxay u baahanyihiin inay qalalnaadaan hal maalin qaliinka kadib.
 - ❑ **Opsite:** Ku dhaaf duubidaan meesheeda. Waxay ku dhaceysaa iskeeda ee 1 illaa 2 isbuuc. Haka qaadin illaa dhaqtarka canugaaga dhaho waa la sameyn karaa.
- Canugaaga wuu qubeysan karaa. Ha u ogolaan canugaaga inuu ku qubeysto tuubada ama dabaasha hal isbuuc qaliinka kadib. Si taxadar ah ugu dhaq duleelada saabuun iyo biyo iyo qalajinta sahlan.

- 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 3 weeks after surgery.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about 1 week.
- Way ku adkaan kartaa canugaaga in saxaro ka timaado qaliinka kadib. Socoshada iyo cunista badarka buunshada ku badan, digirta, qudaaraha, iyo rootiga qamadiga ayaa caawinayo. Cabida biyo badan sidoo kale way caawin kartaa.
- Canugaaga wuxuu u baahan karaa inuu sameeyo tababarka neefsiga qotoda dheer si aad uga illaalisid helitaanka caabuqa sambabka qaliinka kadib. Ha qaato canugaaga neefsiga qotoda dheer oo qufaca saacad walba isaga oo soo jeedo iyo haddii isaga ama iyada kacaan inta lagu jiro habeenkii.
- Canugaaga waa inuusan qaadin sheeyada ka badan 10 boon oo 3 isbuu qaliinka kadib.
- kala hadal dhaqtarka canugaaga ama kalkaalisada xadeynada howlaha kale. Canugaaga waa inay u suurto gashaa inuu ku soo laabto howlaha caadiga ah qiyaastii 1 isbuuc.

Call the doctor right away if your child has:

- Incisions that come apart
- New bleeding from the incisions
- Pain in the abdomen or shoulder area that does not go away or gets worse
- Increased redness, bruising, tenderness, or swelling
- A fever over 101 degrees F under the arm or 102 degrees F rectally
- Stomach becomes distended (full and firm), or your child acts as if it is painful
- Vomiting more than one time
- Trouble having a bowel movement

Soo wac dhaqtarka isla markaas haddii canugaaga qabo:

- Duleelada qeyb u yimid
- Dhiig bax cusub ee duleelada
- Xanuunka xundhurta ama aaga garabka ee aanan baabi'in ama ka sii darto
- Gaduudashada korodhay, maruubka, adkaanshaha, ama bararka
- Qandhada ka badan heerka 101 F ka hooseeyo gacanta heerka 102 F malawadka
- Caloosha way isbadeshaa (buuxo iyo toosan), ama canugaaga ku dhaqmo sida haddii ay xanuun badan tahay
- Mataga wax ka badan hal waqti
- Dhibaatada dhaqaaqa saxarada

Call 911 right away if:

- 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.

Soo wac 911 isla markaas haddii:

- Canugaaga dhibaato ku qabo neefsiga oo dhammaan lama filaan ah.
- Canugaaga qabo xabad xanuun.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama wlaacyo.