

Daryeelka Faashada

Cast Care

A cast keeps an injured bone from moving, so there is less pain and the bone heals better. When a cast is put on, a sock-like material is put over your injured leg or arm. Then a soft cotton material is wrapped to cushion your skin. Wet fiberglass or plaster cast material is then put on. It will begin to feel warm as it is put on. The material will harden and set in 5 to 10 minutes. The staff will tell you when and how you can walk on your leg or use the arm with the cast.

General care

- Do not pull out the padding inside your cast.
- Do not break off rough edges or trim without checking with your doctor first.
- Check your skin each day for redness or raw areas. If you have either, call your doctor.
- Check your cast each day for cracked or soft spots. If you have either, call your doctor.

Bathing

- Avoid getting your cast wet. The cotton under the cast is very hard to get dry. If it gets wet, it can cause skin problems.
- When you bathe, keep the cast out of the water. Put a plastic bag over your cast to

Faashada waxay ka illaalisaa lafta dhaawacan dhaqaaqa, marka waxaa jiro xanuun yar iyo lafta si wanaagsan u bogsato. Markii faasho la saaro, soksaan sida dhar ah ayaa la saaraa dusha lugtaada dhaawacan. Kadib dhar suuf jilicsan ayaa lagu duubaa baskinta maqaarkaaga. Maro adag oo qoyan ama dharka faashada salaxan ayaa kadib la saaraa. Waxay bilaabeysaa inaad dareentid diiranaan marka la saaro. Alaabaha way adkeyneysaa oo waxay dajineysaa 5 illaa 10 daqiiqo. Shaqaalaha ayaa kuu sheegayo goorta iyo sida aad ugu socon kartid lugahaaga ama aad ku isticmaali kartid gacanta faashada ku xiran.

Daryeelka guud

- Ha jiidin marada ka hooseyso faashadaada.
- Ha u jeexin geeso aan toosneyn ama jarin adiga oo aan la eegin dhaqtarkaaga marka koowaad.
- Ka fiiri maqaarkaaga maalin walba gaduudasho ama aagaga ciirin ah. Haddii aad qabtid midkood, soo wac dhaqtarkaaga.
- Fiiri faashadaada maalin walba wixii dilaac ah ama meelo jilicsan. Haddii aad qabtid midkood, soo wac dhaqtarkaaga.

Qubeyska

- Ka fogow inaad qoysid faashadaada. Suufka ka hooseeyo faashada aad ayay u adagtahay inay qalasho. Haddii ay qocdo, waxay sababi kartaa dhibaatooyinka maqaarka.
- Markaad qubeysaneysid, ka ilaali faashada biyo. Geli bacda dhinaca

keep it dry. Seal the open end of the bag around your arm or leg with tape to keep it as dry as possible.

- If your cast gets wet, use a hair dryer on low setting to dry your cast. Do not hold the dryer in one spot too long or it might burn your skin. It may take up to 2 hours to dry.

Movement or activity

- Do not rest your cast against hard surfaces for longer than 30 minutes. The pressure on your skin under the cast could cause your skin to breakdown.
- Raise your injured leg or arm above the height of your heart as much as possible. This will help to ease swelling and pain in the first few days.
- Exercise your toes or fingers. This helps with circulation, healing and helps to limit swelling.

Skin care

- Do not scratch under the cast with any sharp object. This may cause skin damage.
- Keep dirt, sand or powder away from the inside of the cast.
- Use a large sock or mitten as a toe or hand warmer.
- Use a nail file to smooth any rough edges on your cast.
- Use a fan or hair dryer each day, set on cool, to keep your cast dry and help relieve itching.

faashadaada si aad qalalnaan ugu haysid. Xir furnaanta bacda ee agagaarka dhudhunka ama lugta ee koolada si aad ugu haystid qalalnaan ee suurtoogalka ah.

- Hadii faashadaada qoydo, isticmaal timo qalajiye ee goob hoose ee aad ku qalajisid faashadaada. Haka qaban qalajiyaha hal dhinac oo dheer ama waxay gubi kartaa maqaarkaaga. Waxay qaadan kartaa illaa 2 saacadood in lagu qalajiyo.

Dhaqdhaqaaqa ama howsha

- Ha dul saarin faashadaada saqxada adag wax ka badan 30 daqiiqo. Cadaadiska maqaarkaaga ee ka hooseeyo faashada wuxuu sababi karaa jabitaanka maqaarka.
- Kor u qaad lugtaada dhaawacan ama dhudhunkaaga dhaawacan meel ka sareyso wadnahaaga sida badan ee suurtoogalka ah. Tani waxay kugu caawineysaa inaad yareysid bararka iyo xanuunka ee maalmaha ugu horeeyay ee hore.
- Jimicsiga suulashaada ama faraha. Tani wxaay caawisaa qeybinta, bogsashada oo ku caawinsaa xadeynta bararka.

Daryeelka maqaarka

- Haku xuqin faashada hoosteeda shey walboo af leh. Tani waxay sababi kartaa dhaawaca maqaarka.
- Ka fogeey carada wasaqda ah, ama bowdharka gudaha faashada.
- U isticmaal soksaan weyn ama gacan gashiga sida kululeeyaha suulka ama gacanta.
- Isticmaal xareynta musmaar si aad sahlisid geesaha xun.
- Isticmaal marwaxad ama timo qalajiye maalin walba, fariiso meel qabow, si aad ugu haysid faashadaada qalalnaan oo kaa caawiso ka qaadida cuncunka.

Call your doctor right away if:

- Numb, tingling, cold or blue toes or fingers
- Loss of movement of the toes or fingers
- Increased pain
- Burning or stinging
- Swelling that makes your cast feel tight or a lot of swelling below your cast
- A loose cast or if it slides around, gets damaged, breaks or any other problems with your cast

Removing the cast

Your cast will be removed with a special saw. You will only feel some vibrating and pressure from the movement of the saw.

Never try to remove your cast yourself.

Your injured leg or arm will look smaller after the cast is removed. Your skin will also be dry and flaky. Use lotion or bath oil to soften and remove dead skin. The staff will tell you what activities you can do to strengthen your muscles.

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

Soo wac dhaqtarkaaga isla markaas haddii:

- Kabuubashada, jiririco, suulasha qabow ama baluug ah ama faraha
- Lumitaanka dhaqaaqa suulasha ama faraha
- Xanuunka oo kordha
- Gubashada ama qaniinyada
- Bararka ee ka dhigaa faashadaada inay dareento dhuuqsanaan ama barar badan ee ka hoose faashadaada
- Faasho dabacsan ama uu dhinacyada u durqo, dhaawacmo, jabo ama dhibaatooyin kale ee faashadaada

Ka saarida faashada

Faashadaada waxaa lagu saarayaa mishaar gaar ah. Waxaa kaliya oo aad dareemeysaa gariir qaarkood kaliya iyo cadaadiska dhaqdhaqaaqa mishaarta. **Marnaba** ha isku dayin inaad nafsadaada iska saartid faashadaada.

Lugtaada dhaawac ama dhudhunka wuxuu u ekaanayaa mid yar kadib markii laga saaro faashada. Maqaarkaaga sidoo kale wuu qalalnaanayaa iyo qolfaaf. Isticmaal kareem ama saliida qubeyska si aad u jilcisid oo aad ugu saartid maqaarka dhintay. Shaqaalaha ayaa kuu sheegaya waxa howlaha aad sameyn kartid si aad u xoojisid murqahaaga.

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