

Home Care Instructions after Surgery

These are common instructions for your care after surgery. Based on your needs, your doctor may give you other instructions. **Follow the instructions given to you by your nurse or doctor.**

If you go home within 24 hours of surgery:

- You must have an adult drive you home from the hospital and stay with you for 24 hours.
- Rest for the first 24 hours. You may feel dizzy, lightheaded and tired. This is common and should get better by the next day.
- **Do not** drive, operate machinery or make important personal or legal decisions or sign legal forms for 24 hours.

Medicines

- Take your medicines as ordered.
- You may have pain after surgery. Take your pain medicines as ordered. If your pain is not managed, your recovery will take longer. It often helps to take pain medicine before activity or before the pain gets too bad. If your pain gets worse or is not controlled with medicine, call your doctor.
- If you have diabetes, your blood sugar may be higher than normal after surgery. You may need to check your sugar levels more often and report them to your doctor. If your blood sugars are high, check with your doctor to see if you should change any of your diabetes medicines.

Fariimaha Daryeelka Guriga ka Dib Qalitaanka

Kuwani waa fariimo caam ah ka dib qalitaankaaga. Iyada oo ku saleysan baahiyahaaga, waxa laga yaabaa in dhakhtarkaagu ku siiyo fariimo kale.

Raac fariimaha uu ku siiyo dhakhtarkaagu ama kalkaalisadu.

Haddii aad tagtid guriga 24 saacadood gudahood ka dib qalitaanka:

- Waa in qof weyn uu cisbitaalka baabuur kaaga qaado oo uu ku geeyo guriga kulana joogo 24 saacadood.
- Naso 24-ka saacadood ee ugu horeeya. Waxa laga yaabaa inaad dareentid dawakh, madax wareer iyo daal. Tani waa caam waana inaad ka fiicnaatid maalinta ku xigta.
- **Ha kaxeyn** baabuur, ha ku shaqeyn mishiino ama ha gaadhin go'amo shakhsi ama sharci oo muhiim ah ama ha saxeexin waraaqo sharci mudo ah 24 saacadood.

Dawooyinka

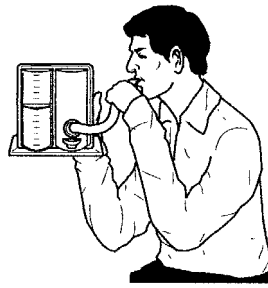
- Dawooyinkaaga u qaado sida lagu sheegay.
- Waxa laga yaabaa inaad xanuun yeelatid ka dib qalitaanka. U qaado dawooyinka xanuunka sida lagu sheegay. Haddii aan xanuunkaaga la maamulin, bogsashadaadu waxay qaadan kartaa wakhti sii dheer. Badanaa waxa gargaar laga helaa in dawada la qaato ka hor hawsha ama ka hor inta aan xanuunku ka sii darin. Haddii xanuunku ka sii daro ama aan lagu yareyn karin dawo, wac dhakhtarkaaga.
- Haddii aad qabtid sonkor/sonkorow, waxa laga yaabaa in sonkorta dhiiggaagu ka sareyso caadiga ka dib qalitaanka. Waxa laga yaabaa in aad u baahan tahay inaad eegtid heerarka sonkortaada marrar intii hore ka badan oo aad u sheegtid dhakhtarkaaga. Haddii sonkorta dhiiggaagu sareyso, u sheeg dhakhtarkaaga si aad u ogaatid in loo baahan yahay isbeddel lagu sameeyo dawooyinkaaga sonkorta.

Activity

- You may need assistive equipment such as a walker or cane while you recover. If so, the staff will teach you how to use it.
- Avoid activity that puts stress on your incision for at least 6 weeks.
- If you had abdominal or chest surgery, support your incision with a pillow or blanket when moving or coughing.
- If you were taught how to cough and deep breathe or use an incentive spirometer in the hospital, you should continue to do this at home for the next 10 to 14 days.



Coughing



Incentive spirometer

- Do not lift more than 10 to 15 pounds for the first 2 weeks. When lifting objects, keep your back straight and lift with your legs.
- Walking is encouraged. Gradually build up the length, time and distance you walk each day.
- Staying active and walking help prevent blood clots that can form after surgery. To prevent blood clots, your doctor may also have you do ankle pumps or other exercises, wear special stockings or take injections to thin your blood.
- You may go up and down stairs. Take them slowly and ask for help if needed.
- Do not drive, return to work, resume sexual activity, play sports or do heavy activity until allowed by your doctor.



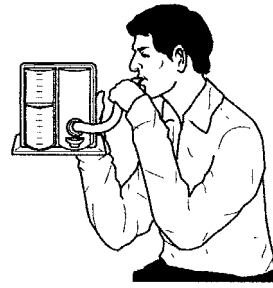
Ankle pumps

Firfircoonida

- Waxa laga yaabaa in aad u baahatid qalab gargaar leh sida qalab lagu socdo ama bakoorad mudada aad bogsanaysid. Haddii aad u baahan tahay, shaqaalaha ayaa ku bari doona sida loo isticmaalo.
- Iska ilaali hawsha culays saaraysa meesha lagaa jeexay ugu yaraan 6 todobaad.
- Haddii lagaa qalay caloosha ama laabta, meesha lagaa jeexay ku taageer barkimo ama buste marka aad dhaqaaqaysid ama qufacaysid.
- Haddii lagu baray si aad u qufacdid oo aad si xoog leh u neefsatid ama aad cisbitaalka ku isticmaashid qalabka neefshada lagu cabiro (spirometer), waa inaad tan sameynteeda sii wadid 10-ka ilaa 14-ka maalmood ee ku xiga.

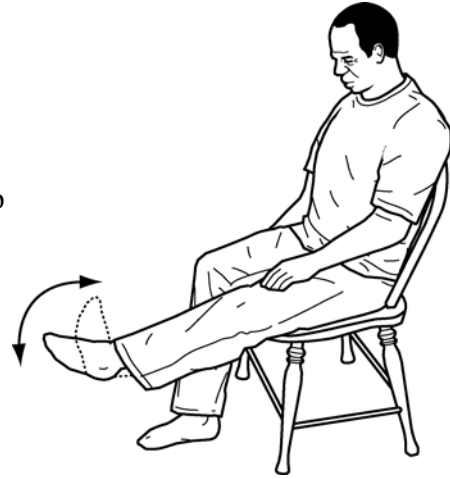


qufac



neef-cabire

- Ha qaadin wax ka badan 10 ilaa 15 rodol 2-da todobaad ee ugu horeeya. Marka aad alaab qaadaysid, dhabarkaaga ha qalloocin e isaga oo toosan qaad si culaysku u fuulo lugahaaga.
- Socodka ayaa lagugu dhiirigalinayaa. Si tartiib ah u kordhi dhererka, wakhtiga iyo fogaanta aad socotid maalin kasta.
- Firfircoonida iyo socodka ayaa gargaar ka geysan kara in laga hortago xinjiro dhiig oo sameysma ka dib qalitaanka. Si looga hortago dhiig xinjirooba, dhakhtarkaagu waxa uu amri karaa in aad sameysid jimicsiyo ah kuraanta/ canqowga ama jimicsiyo kale, gashi sharabaad gaar ah ama in lagu mudo dawooyin khafiifinaya/fududaynaya dhiigga.



Jimicsiyo kuraanta ah

- Kor iyo hoosna waad u fuuli kartaa ugana degi karta jaranjarada. Si tartiib ah u isticmaal oo gargaar weydiiso haddii aad u baahatid.
- Ha kaxeyn baabuur, ha ku noqon shaqada, ha bilaabin galmo, ha ciyaarin isboorti ama ha qaban shaqo culus ilaa dhakhtarkaagu kuu oggalaado.

Diet and Bowels

- It is common to have mild nausea or vomiting after surgery. If you have nausea, start with clear liquids and light foods such as toast, rice or noodles. Then you can eat your normal diet when the nausea goes away. Avoid foods that cause you discomfort.
- Do not drink alcoholic beverages for 24 hours after surgery or while you are taking prescription pain medicine.
- To help avoid constipation, eat fruits, vegetables and whole grains and drink 6 to 8 glasses of water each day. Stool softeners or a mild laxative may be needed if you do not have a bowel movement within 3 days after your surgery. Call your doctor for more instructions.

Incision Care

- If you have a dressing or bandage on your incision, your nurse will tell you when you can remove the dressing. If you need to keep a dressing on your incision, you will be taught how to change it.
- If you have stitches or staples on your incision, they will be removed in the doctor's office in about 7 to 14 days.
- If you have small paper-like strips, called steri-strips, on your incision, they will fall off in 7 to 10 days. The staff may remove them at your first follow up doctor's visit.
- To prevent an infection in your incision, keep it dry and clean. Each day, wash it with soap and water then gently pat it dry. Do not put lotions or powders on your incision.
- If you go home with a drain, your nurse will teach you how to care for it.
- You can shower but do not take a bath, swim or get in a hot tub until allowed by your doctor.

Cuntada iyo Caloosha

- Waa caam in la yeesho lallabo ama matag ka dib qalitaanka. Haddii aad qabtid lallabo, cuntada ku bilaw cabitaano saafi ah ama cad (aan midab lahayn) iyo cunto fudud sida rooti, bariis ama baasto cad. Ka dib waxa aad cuni kartaa cuntadaadii caadiga ahayd marka ay lallabadu kaa tagto. Iska ilaali cuntooyinka kuu keenaya dhib.
- Ha cabin khamri mudo ah 24 saacadood ka dib qalitaanka ama inta aad qaadanaysid dawada xanuunka.
- Si aan calooshu kuu joogsan, cun khudaar, cagaar iyo xabuub aan qolofa ama buusha laga qaadin oo cab 6 ilaa 8 koob oo ah biyo maalin kasta. Waxa laga yaabaa inaad saxaro-jiliciyeyaal ama calool jiliciye khafiif ah u baahatid haddii aan calooshu ku dhaqaaqin ama aanad saxaroon 3 maalmood gudahood ka dib qalitaanka. Wac dhakhtarkaag si aad u heshid fariimo dheeraad ah.

Daryeelka Meesha la Jeexay

- Haddii faashad ay saaran tahay meesha lagaa jeexay, kalkaalisadaada ayaa kuu sheegi doonta goorta aad faashadda ka qaadi kartid. Haddii aad u baahan tahay in faashaddu saarnaato meesha lagaa jeexay, waxa lagu bari doonaa sida loo beddelo.
- Haddi tolmo ama qabatooyin ku yaalaan meesha lagaa jeexay, waxa lagaaga saari doonaa xafiiska dhakhtarka gudaha qiyaastii 7 ilaa 14 maalmood.
- Haddii meesha lagaa jeexay ay ku yaalaan qabatooyin yaryar oo waraaq oo kale ah, oo loo yaqaano steri-strips, iyaga ayaa iska dhici doona gudaha 7 ilaa 10 maalmood. Shaqaalaha ayaa kaa saari kara marka ugu horeysa ee aad dhakhtarka ugu tagtid booqashadaada la-socodka ah.
- Si looga hortago caabuuq ku dhaca meesha lagaa jeexay, ka dhig meel qalalan oo nadiif ah. Maalin kasta, ku dhaq saabuun iyo biyo oo taataabasho tartiib ah ku qalaji. Ha marin labeen ama budo/bootar meesha lagaa jeexay.
- Haddii aad guriga ku noqotid iyada oo ay kugu jirto tuubo dheecaanka saaraysa, kalkaalisadaada ayaa ku bari doonta sida loo daryeelo.
- Waad maydhan ama qubeysan kartaa laakiin ha qaadan qubeys fadhi ah, ha dabaalan ama ha galin saxan qubeys oo ay ku jiraan biyo kulul ilaa dhakhtarkaagu kuu oggalaanayo.

Call your doctor right away if you have:

- Increased bleeding, drainage, swelling or redness at the incision
- A fever over 100.5 degrees Fahrenheit or 38 degrees Celsius
- Sudden, severe pain or pain not relieved by medicine
- Nausea or vomiting lasting more than 12 hours

Call 911 right away if you have:

- Numbness, tingling or color change of a leg or arm
- A hard time breathing
- Chest pain

If you are not able to contact your doctor or if your symptoms are severe, call 911.

Isla markiiba wac dhakhtarkaaga haddii aad leedahay:

- Soo korodh dheecaan, dhiig-bax, barar ama casaan oo ah meesha lagaa jeexay
- Qandho ka sareysa 100.5 darajo Fahrenheit ama 38 darajao Selsiyas
- Xanuun dhakhso u yimaada oo daran ama xanuun aan dawadu wax ka tarin
- Lallabo ama matag soconaya wax ka badan 12 saacadood

Wac 911 isla markiiba haddii aad leedahay:

- Kabuubyo, jidhidhico, ama isbeddel midab oo ah lug ama gacan
- Neefsashada oo ku dhibaysa
- Xanuun laabta ah

Haddii aanad awoodin inaad la xidhidhid dhakhtarkaaga ama haddii calaamadahaagu daran yihiin, wac 911.

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Home Care Instructions after Surgery. Somali.