

# Incision Care: No Dressing

Your incision is to be left uncovered and open to the air.

## Your Care

- Check your incision for signs of infection:
  - ▶ Warmth
  - ▶ Swelling
  - ▶ Redness
  - ▶ Change or increase in drainage
- If you are allowed to shower, let the water run over your incision. Do not let the spray directly hit the incision. Pat your incision dry.
- Do not soak your incision in water. This includes bathtubs, swimming pools and hot tubs.
- If you have staples or sutures on your incision, they will be removed at your doctor's office.
- If you have tapes called steri strips on your incision, they will fall off on their own. Do not pull them off. You may trim the edges as they curl.

# Daryeelka Meesha la Qalay: Bilaa Faashad

Meesha lagaa qalay waa in loo daayaa iyadoo aan waxba lagu daboolin oo hawada u furan.

## Daryeelkaaga

- Meesha lagaa qalay ka fiiri iney malaxaysi leedahay:
  - ▶ Diirran tahay
  - ▶ Bararsan tahay
  - ▶ Guduudan tahay
  - ▶ Isbeddelka ama korodhka dheecaan soo deynta
- Haddii lagu oggolaado in aad maydhato, biyuhu ha ku dul socdeen meesha lagaa qalay. Biyaha shubmaya ha u oggolaan iney si toos ah ugu dhacaan meesha qalan. Meesha lagaa qalay engeji.
- Meesha lagaa qalay biyo ha ku dhex gelin. Tan waxa ka mid ah sixniga lagu qubeysto, barkadda lagu dabbaasho iyo meesha biyaha kulul.
- Haddii meesha lagaa qalay lagaa tolal, waxaa lagaaga saari doonaa xafiiska takhtarkaaga.
- Haddii sharootooyinka ama qabatooyinka loo yaqaanno steri strips ay meesha lagaa qalay ku dheggen yihiin, iyagaa iska dhici doona ee sidooda u daa. Ha iska fujin. Waxaa laga yaabaa in aad fiiqdo geesaha maadaama ay duuduubmayaan.

**Call your doctor right away if you have:**

- Any signs of infection such as warmth, swelling, redness or change or increase in drainage
- Opening up of the incision
- Increased bleeding or pain
- Loss of appetite, nausea or vomiting

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

## **Isla markiiba Dhakhtarkaaga wac haddii:**

- Aad isku aragto wax calaamado malaxaysi ah sida diirranaan, barar, guduudasho ama isbeddel ama korodh ku yimid dheecaan soo deynta
- Isku aragto meesha lagaa qalay ay kala furmeyso
- Dhiig bax sii batay ama xanuun
- Cunto xumo, lalabbo, ama matag.

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

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Incision Care. Somali.