

Your Hospital Care after Surgery

After your surgery, you will wake up in the Recovery Room. The nurse will check you often and give you pain medicine. When you are awake, you will be taken to your hospital room.

First Hours after Surgery

- Your family will be able to visit you when you are in your room.
- Your temperature, blood pressure, pulse and breathing rate will be checked often by the nursing staff. You may also have a clip on your finger that checks the amount of oxygen in your blood.
- Your nurse will check your dressing and the drainage from your incision.
- If you are not comfortable, let your nurse know.
- Tell your nurse right away if your incision swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You may have oxygen and a heart monitor in place for a few hours.
- You may have a tube to drain urine from your bladder or other tubes to drain fluids. These tubes are most often removed before you go home. If the tubes are to be left in when you go home, you will be taught how to care for them.
- An EKG, chest x-ray or blood tests may be done.
- Your doctor will talk to you about your surgery.

IV (Intravenous) Fluids and Antibiotics

- You will receive fluids through an IV tube into your veins for a short time. The IV will stay in place until you are able to drink fluids well after your surgery. If you are getting medicine through the IV, you might have it in place for a longer time.
- You may receive antibiotics to prevent you from getting an infection.

Daryeelkaaga Cisbitaalka Qalitaanka ka Dib

Qalitaanka ka dib, waxa aad ka soo toosi doontaa Qolka Bogsashada. Kalkaalisada ayaa marrar badan ku eegi doonta oo ku siin doonta dawo xanuun. Marka aad soo toostid, waxa lagu geyn doonaa qolkaaga cisbitaalka.

Saacadaha Ugu Horeeya Qalitaanka ka Dib

- Ehelkaagu wuu ku soo booqan karaa marka aad joogtid qolkaaga.
- Kalkaalisada ayaa marrar badan eegi doonta heerkulkaaga, cadaadiska dhiigga, garaaca wadnaha iyo tirada neefsashadaada. Waxa kale oo laga yaabaa in fartaada lagu qabto aalad hubinaysa qadarka oksijiin ee ku jira dhiiggaaga.
- Kalkaalisada ayaa eegi doonta faashaddaada iyo gororka dheecaanka ka imanaya meesha lagaa jeexay.
- Haddii aad raaxo-daro dareemaysid, u sheeg kalkaalisada.
- Isla markiiba u sheeg kalkaalisadaada haddii meesha lagaa jeexay bararto ama dhiig ka yimaado, ama haddii aad dareentid xanuun, kabaabyo ama lugta ama gacanta oo jiririco leh.
- Waxa laga yaabaa in lagugu xiro oksijiin iyo qalabka la-socodka wadnaha mudo dhawr saacadood ah.
- Waxa laga yaabaa in lagu galiyo tuubo kaadida ka soo saarta kaadi-haystaada ama tuubooyin kale oo gororiya dheecaano kale. Tuubooyinka intooda badan waxa lagaa saari doonaa inta aadan guriga tagin ka hor. Haddii tuubooyinka lagugu dhaafayo marka aad guriga tagaysid, waxa lagu bari doonaa sida loo daryeelo.
- Waxa laga yaabaa in lagu sameeyo baadhitaanka EKG, raajo laabta ah ama baadhitaano dhiig.
- Dhakhtarkaaga ayaa kaala hadli doona qalitaankaaga.

Dheecaano (cunto biyo ah) iyo Antibiyootiko Lagaa Siinayo Xidid (IV)

- Waxa lagu siin doonaa dheecaano (cunto biyo ah) lagaa siinayo tuubo galaysa xidid dhiig (IV) mudo gaabaan. Tuubadu way kugu jiri doontaa ilaa inta aad cabitaanada si fiican u qaadanaysid qalitaanka ka dib. Haddii tuubada lagaa siinayo dawo, waxa laga yaabaa inay kugu sii jirto mudo intaa ka sii dheer.
- Waxa laga yaabaa in lagu siiyo antibiyootiko si looga hortago caabuuq/fashfash kugu dhaca.

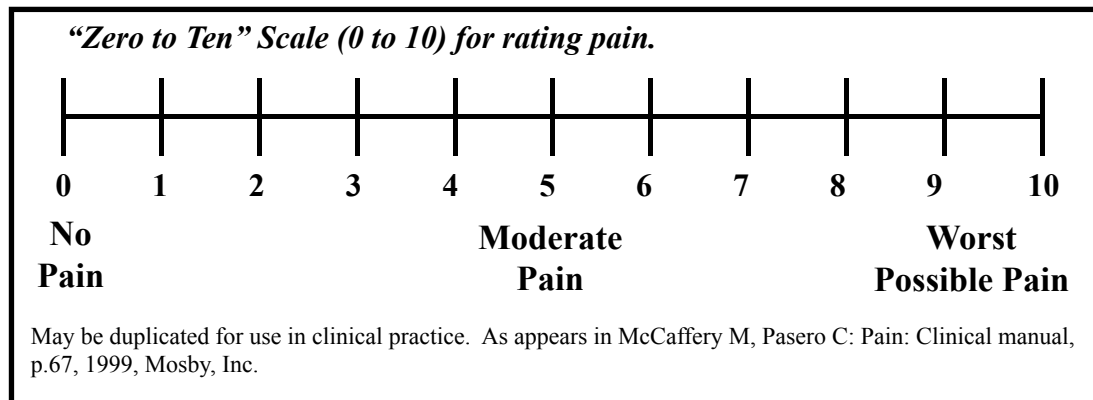
Your Hospital Care after Surgery. Somali.

Incision

- Your incision will be covered with a dressing. Your doctors and nurses will check your dressing and change it as needed. As the incision begins to heal, the dressing will get smaller.
- Your incision will be closed with sutures, staples or special tapes called steri-strips. These will be removed in 7 to 14 days on a follow-up visit to your doctor.
- Your nurse will teach you how to care for your incision.

Pain Control

- We will try to keep you comfortable. The nurse will ask you about your level of pain on a 0 to 10 scale, with 0 being no pain and 10 being the worst pain.

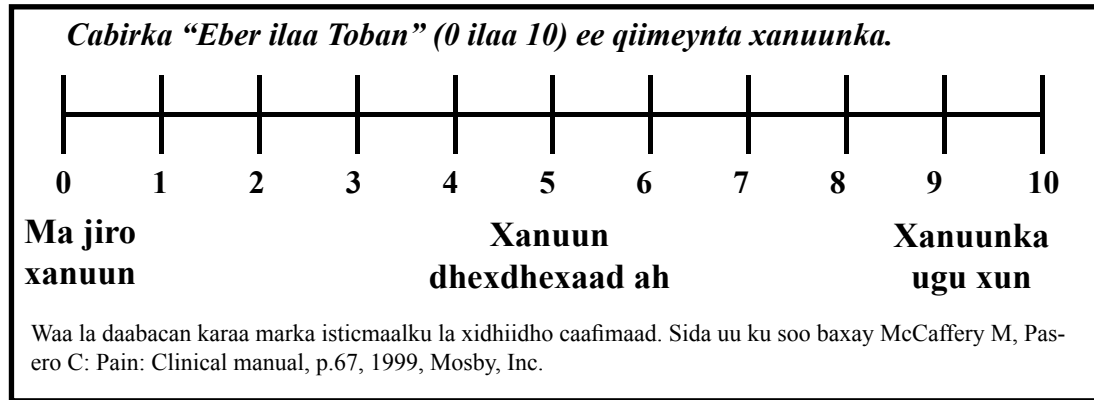


Jeexidda/Qalitaanka

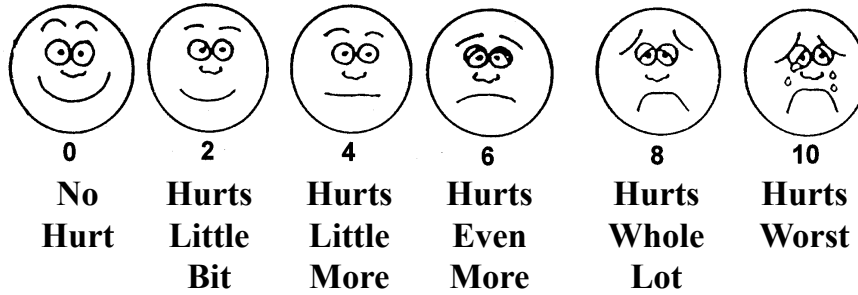
- Meesha lagaa qalay waxa lagu dabooli doonaa faashad. Dhakhaatiirta iyo kalkaalisoooyinka ayaa eegi doona faashadda oo beddeli doona haddii loo baahdo. Marka meesha la qalay ay bogsato, waxa sii yaraan doona faashadda saaran.
- Meesha lagaa qalay waxa lagu xidhi doonaa tolmo, qabatooyin ama dhejisyo gaar ah oo loo yaqaano “steri-strips”. Waxa kuwaa lagaa saari doonaa 7 ilaa 14 maalmood gudahood marka aad dhakhtarkaaga booqasho la-socod ah ugu tagtid.
- Kalkaalisada ayaa ku bari doonta sida loo daryeelo meesha lagaa qalay.

Xakameynta Xanuunka

- Waxa aanu isku dayi doonaa in aad nafistid. Kalkaalisada ayaa ku weydiin doonta heerka xanuunkaaga iyada oo la isticmaalayo cabir ah 0 ilaa 10, iyadoo 0 uu la mid yahay ma jiro xanuun, isla markaana 10 uu yahay xanuunka ugu xun.



Wong-Baker *FACES* Pain Rating Scale

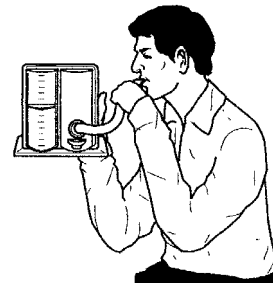


From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

- You can expect to have some pain at your incision site for several days after your surgery. You also may have some soreness in other parts of your body because of the way you were positioned during surgery.
- Your doctor will order pain medicine for you. Be sure to **let your nurse know when you have pain or need your medicine**. Ask for pain medicine before your pain gets too bad. 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, tell your nurse.

Activity

- **Do not** get up out of bed without help. Staff will tell you when it is safe to get up on your own.
- You will be helped to sit up on the side of your bed at first. Your activity will be increased to sitting up in a chair, then walking in the room, and then walking in the hallway. Each day the amount of time you are out of bed and the distance you walk should increase.
- Exercise your lungs by using an incentive spirometer to prevent problems after surgery. Coughing and deep breathing also help keep your lungs clear. Use a pillow or folded blanket across your abdomen or chest to protect any incisions there when you cough. It will let you cough better and help reduce pain. Do these exercises every 1 to 2 hours while you are awake.

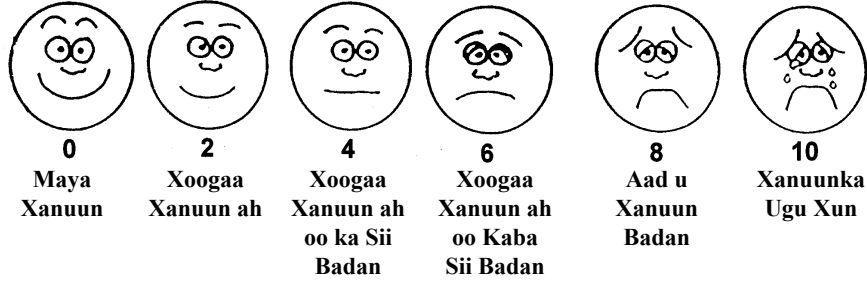


Incentive spirometer



Coughing

Wajiyada Wong-Baker ee Qiimaynta Miisaanka Xanuunka

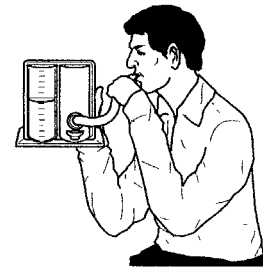


Laga keenay Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley iyo Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Xuquuq-daabacaad Mosby, Inc. Oggolaansho ayaa dib loogu daabacay.

- Waxa aad filan kartaa inaad xoogaa xanuun ah ku yeelatid barta lagaa qalay mudo dhawr maalmood ah qalitaanka ka dib. Waxa kale oo laga yaabaa inaad xoogaa ah danqasho ku yeelatid qaybo kale oo ah jirkaaga sababta oo ah sidii lagu meeleeeyay wakhtigii qalitaanka.
- Dhakhtarkaaga ayaa kuu dalbi doona dawo xanuun. Hubso in aad **kalkaalisada u sheegtid marka aad xanuun yeelatid ama aad u baahan tahay dawadaada**. Weydiiso dawo xanuun ka hor inta aan xanuunkaagu ka soo darin. Haddii aan la maamulin xanuunkaaga, wakhtiga bogsashadaada ayaa sii dheeraan kara. Badanaa waxa gargaar leh in dawada xanuunka la qaato hawsha ka hor ama ka hor inta aan xanuunku ka sii darin. Haddii xanuunkaagu ka sii daro ama aan dawadu waxba kaa taraynin, u sheeg kalkaalisada.

Firfircoonida

- Ha ka degin sariirta adiga oo aan gargaar haysan. Shaqaalaha ayaa kuu sheegi doona goorta ay amaan kuu tahay in aad kaligaa sare joogsatid ama istaagtid.
- Marka hore waxa gargaar lagaa siin doonaa inaad ku fadhiisatid dhinaca sariirta. Firfircoonidaada marba waa la kordhin doonaa ilaa aad ku fadhiisan kartid kursi, ka dibna ku socon kartid qolka gudahiisa, ka dibna ku socon kartid qolalka dhexdooda. Waa in maalin kasta la kordhiyo wakhtiga aad ka maqan tahay sariirta iyo fogaanta aad socotid.
- Jimicsi u samee sambabadaada adiga oo isticmaalaya neef-cabire dhiirigalin leh (incentive spirometer) si looga hortago dhibaatooyin yimaada qalitaanka ka dib. Qufaca iyo neefsashada xoogga leh ayaa sidoo kale gargaar ka geysta in samababadaadu nadiif noqdaan. Isticmaal barkimo ama buste laaban oo aad saartid calooshaada ama laabta si loo badbaadiyo meelaha la qalay marka aad qufacaysid. Waxay kaa gargaari doonaan inaad si fiican u qufacdid isla markaana kaa gargaarayaan in xanuunku kaa yaraado. Samee jimicsiyada 1 ilaa 2 saac kasta inta aad soo jeedid.



Neef-cabiraha dhiirigalin leh



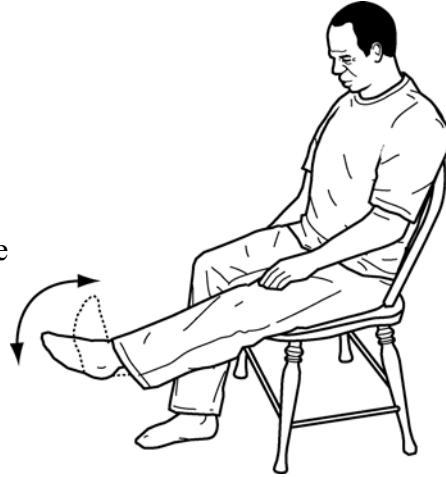
Qufac

Your Hospital Care after Surgery. Somali.

Blood Clots

To help prevent the risk of blood clots:

- The staff will help you get out of bed and walk.
- The staff will show you how to do an exercise called ankle pumps to help move the blood in your legs. Do ankle pumps every hour while you are awake.
- You may have special stockings on your legs. Sometimes plastic wraps that connect to an air pump are used while you are in bed. They squeeze and relax around your legs to help your blood flow.
- You may be given injections of medicine in the abdomen to thin your blood.



Ankle pumps

Diet and Bowel Activity

- You may be given ice chips at first. If you do not have nausea, you will be given clear liquids then light foods. It may be a day or two after surgery before you get regular food.
- Tell the nurse if you have nausea.
- Surgery and pain medicine may cause constipation. The nurses will ask about your bowel activity. Stool softeners and laxatives may be given.

Getting Ready to Go Home

- Staff will teach you about your care at home and give you written instructions.
- Family and friends are encouraged to learn about your care so they can help you at home as needed. Someone should stay with you for 24 hours to 2 weeks after surgery based on the type of surgery you had.
- If you have no one that can stay with you, tell your doctor's office before your surgery so that you can discuss options for your care after surgery. Some patients may need a short stay in a rehab facility after leaving the hospital.

Xinjiro Dhiig

Si looga hortago halista xinjiro dhiig:

- Shaqalaha ayaa kaa gargaari doona inaad ka degtid sariirta oo aad socotid.
- Shaqaalaha ayaa ku tusi doona sida loo sameeyo jimicsi la yiraahdo jimicsiga kuraanta ama canqowga si dhiiggu ugu dhex qulqulo lugahaaga. Samee jimicsiga kuraanta saacad kasta inta aad soo jeedid.
- Waxa laga yaabaa in aad xiratid sharaabado gaar ah. Marmarka qaarkood duub ah caag oo ku xidhmaya bambo hawo ayaa la isticmaalaa inta aad sariirta jiiiftid. Waxay lugahaaga ku sameeyaan tuujin iyo dabcin si ay gargaar uga geystaan in dhiiggaagu qulqulo.
- Waxa laga yaabaa in dawo lagaaga mudo caloosha si loo khafiifiyo dhiiggaaga.



Jimicsiyo Kuraanta ah

Cuntada iyo Firfircoonida Caloosha

- Waxa laga yaabaa in marka hore lagu siiyo gobolo baraf ah. Haddii aadan lahayn lallabo, waxa lagu siin doonaa cabitaano saafi ah ama cad, ka dibna cunto fudud. Waxa laga yaabaa in maalin ama laba qalitaanka ka dib lagu siiyo cunto caadi ah.
- U sheeg kalkaalisada haddii aad qabtid lallabo.
- Qalitaanka iyo dawada xanuunku waxay keeni karaan calool adag. Kalkaalisoooyinka ayaa su'aalo kaa weydiin doona firfircoonida caloosha. Waxa laga yaabaa in lagu siiyo saxaro jilciyeyaal iyo calool socodsiiyeyaal.

Isu-diyaarinta Tagista Guriga

- Shaqaalaha ayaa ku bari doona sida guriga la isugu daryeelo kuna siin doona fariimo qoran.
- Ehelka iyo saaxiibada waxa lagu dhiirigalinayaa inay wax ka bartaan daryeelkaaga si ay guriga kuugu gargaari karaan, haddii loo baahdo. Waa in qof kula joogo mudo ah 24 saacadood ilaa 2 todobaad taasoo ku xiran nooca qalitaanka lagu sameeyay.
- Haddii aadan haysan qof kula jooga, u sheeg xafiiska dhakhtarkaaga qalitaanka ka hor, si looga hadlo wixii ikhtiyaar kuu banaan xagga daryeelka qalitaanka ka dib. Bukaanka qaarkood waxay u baahan karaan inay mudo gaaban joogaan goob bogsiiin marka ay ka baxaan cisbitaalka ka dib.

2008 – 1/2013 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Your Hospital Care after Surgery. Somali.