Nationwide Children's Hospital℠

HELPING HAND™

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BEDELKA FAASHADA: GUBASHO
DRESSING CHANGE: BURNS

Cunuggaaga waxaa laga daaweyey gubasho wuxuuna u baahan yahay in maalin walba laga bedelo faashada (sharootada). Bedelka faashada ee maalin walba ahi waxaa loo sameeya in la hormariyo biskoodka iyo in laga hortago hurgunka. Waxaa jira dhowr nooc oo faashada gubashada ah. Dhakhtarka ayaa go'aamin doona nooca faashada ugu fiican cunuggaaga. Shaqaalaha kalkaalinta ayaa ku bari doona adiga sida loo xanaaneeyo cunugga gubashadiisa.

AMARKA DHAKHTARKA	Magaca Cunugga _____

Bedel cunugga faashadiisa oo mari (magaca daawada)_____ gubashada aan bishkoon_____ goor maalintii.

Change your child's dressing and apply (name of medicine)_____ to unhealed burns _____ times a day.

Xog kale:
Other information

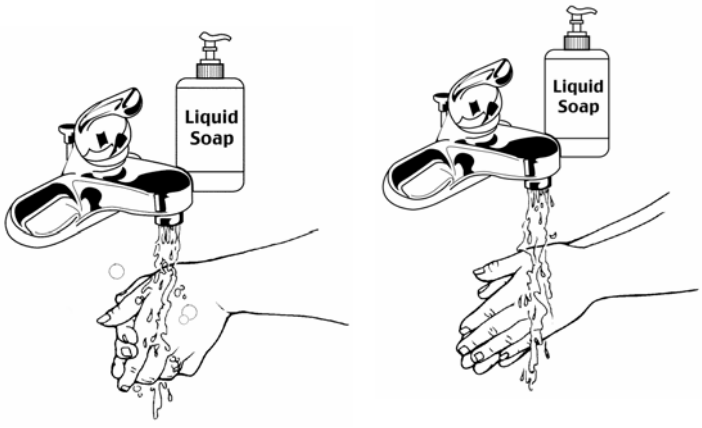
_____
_____
_____

Fejignaan: Dhig daawooyinko dhan meel caruurtu aanay gaarin.

WAXAAD U BAAHAN DOONTAA
YOU WILL NEED

Waxaad u baahan doontaa waxyaabahan soo socda si aad u bedesho faashada gubashada. Kalkaalisada cunuggaaga waxay ku siin doontaa alaabta inta badan.

- ❑ Bac bambiiro ama xaanshi ah, ama dhawr warqadood oo joornaal ah.
- ❑ Saabuun khafiif ah (oon lahayn barafuun ama midab aan run ahayn) sida Ivory, Safeguard, ama Dial.
- ❑ Maro yar oo hadda la dhaqay ama gaarso afar gees ah.
- ❑ Daawo sidi dhakhtarku kuugu amray ah.
- ❑ Qoriga carrabka hoos loogu riixo ama midida miiska oo nadiif ah (haddii aad isticmaalayso boomaato).
- ❑ Gaarsi nadiif ah
- ❑ Gaarso nadiif ah oo duuban
- ❑ Sharooto ama mid warqad ah



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SIDA LOO BADELO FAASHADA
HOW TO CHANGE THE DRESSING

U macnee cunuggaaga sida faashada bedelkeeda loo sameeyo, adoo isticmaalaya ereyo fudud oo uu fahmi karo.

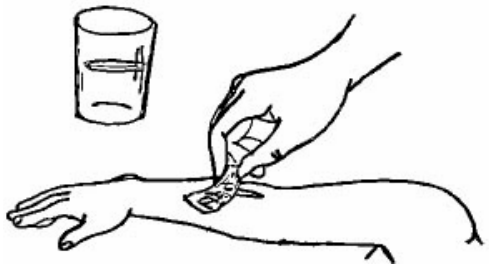
1. Dhaq gacmahaaga.
2. Ku diyaari alaabta aad u baahantahay oo dhan meel nadiif ah.
3. Ka fuji faashadii hore oo ku rid bac ama ku duub joornaal. Tuur.
4. **Dhaq gacmahaaga mar labaad.**
5. Ku dhaq meeshii gubatay saabuun khafiif ah iyo biyo. Isticmaal maro yar ama gaarso afar gees ah. Ayar u dhaq meesha si aad uga fujiso dhacaankii oo dhan iyo qolfihii. Ha ka welwelin haddii xoogaa dhiig ahi ka yimaado. Tani waa caadi. (Cunuggu biyo waa dhexgeli karaa ama waa qabaysan karaa asago isticmaalaya biyo qabow ilaa qandac ah. Haddii aad biyaha dhexgelayso, hubso in waaskadu nadiif tahay oo aad loo biyo raaciyey.
6. Ku dhaq meesha guban biyo nadiif ah oo qandac ah.
7. Ku qallaji meesha shukumaan nadiif ah ama gaarso.
8. Si aad ah u fiiri meesha gubatay si aad u aragto inay biskoonayso.
9. Baakadaha faashada si taxadar ah u fur oo ku dhaaf faashada baakadeeda ilaa aad diyaar uga noqoto isticmaalkeeda.

Haddii aad Isticmaalayso Boomaato- Nooc Faashad
If Using an Ointment-Type Dressing

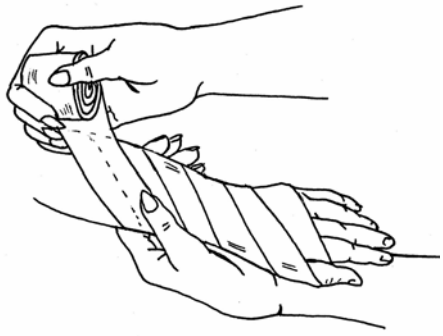
1. Isticmaal qoriga carrabka lagu qabto ama midida miiska oo nadiif ah si aad u fidiso layn khafiif ah ee boomaatada gaarso nadiif ah. **Ha** saarin farahaaga qasaca boomatada. Ku taabo farahaaga geesaha faashada keliya. **Ha** ku fidin boomatada si toos ah gubashada.
2. Dhig faashadii boomaatada lahayd meesha gubashada korkeeda(sawir 2). Isticmaal inta faashado boomaato leh oo aad doonto si aad ugu daboosho kulli meesha guban. Ku dabool faashada gaarso qallalan. Ku hay faashada meesha inta aad ku duubayso gaarsada ood ku wareejinayso faashada (sawir 3). Ku adkee geeska gaarsada sharooto. (Ha ugu duubin sharootada si adag waayo waxay yarayn kartaa wareega dhiigga.

BEDELKA FAASHADA KA DIB
AFTER THE DRESSING CHANGE

1. Dhaq gacmahaaga mar kale.
2. Dhig qalabkoo dhan meel nadiif ah oo qallalan.
3. Nadiifi godka qabayska iyo kan istaagga (shower).



Sawir 3 Ku qabo faashada faashad cusub. gaarso duuban oo nadiif ah.



Sawir 2 Ku dabool meesha gubasha.

XANAANADA KA DIB BISKOODKA GUBASHADA
CARE AFTER THE BURN HAS HEALED

Ka dib marka gubashadu biskooto oo faashada aan mar kale loo baahnayn, jirkii biskooday wuxuu u baahanyahay in la dhawro. Daryeelka jirka waxaa ka mid ah in meesha la nadiifiyo oo laga ilaaliyo dhaawaca. Wax sheegani wuxuu kaa caawimi doonaa inta wakhtigani socdo:

- Inta badan cuncun ayaa la socda qallaylka, qolofta, jirka biskoonaya. Cunuggaagu waa inuusan xoqin. Tani waxay dilaacin jirka waxayna ku reebi kartaa meelo furan meeshi horay u biskootay.
- Mari kreemada jirka gubashadii biskootay ugu yaraan 3 goor maalintii iyo intii aad doonto si cuncunka iyo qallaylka aad isaga bi'so. Waxaad isticmaali kartaa kreemo ay ku jirto Cocco butter, Aloe, ama Lanolin. Uma baahnid inaad soo gadato nooca ugu qaalisan.
- Ka gaabi cunuggaaga cidiyaha si aad uga hortagto dhaawaca jirka uu xoqayo. Kaalso nadiif ah oo loo geliyo sida gloofiska waxay yarayn kartaa xoqida habeenkii ah.
- Dhar xoogaa ka weyn waa in loo gashaa. Dharka dhaggani waxay xoqayaan jirka waxayna keeni bacoolo (blisters).
- Cunuggaagu waa inuu gashado dhar ku filan keliya oo uu ku nafis yahay. Haddii cunuggaagu aad u kululaado, meelihii biskooday ayaa dib u bilaabi cuncun.
- Dharka loo gashay waa in si fiican loo dhaqo oo loo biyo raaciyo. Saabuun kasta oo dharka ku hartaa jirkay cuncun ku keenaysaa.

CAYAARTA DIBADA
OUTSIDE PLAY

- Jirka gubtay waa ka nugulyahay jirka caadiga ah. Qorraxdu dhakhsay u gubtaa. Markay suuro galtahay, ka fogee cunuggaaga qorraxda tooska ah. Haddii cunuggaagu qorrax joogo, ku dabool meelaha guban dhar khafiif ah. Waxaad marin kartaa kreemada qorraxda oo leh wax qorraxda ka celiya (SPF) ugu yaraan 15. **Kreemada qorraxda waa in haddana la mariyaa dhowr jeer maalintii.** Ha u dhigin qorraxda si toos ah meeshii gubatay 10:00 subaxnimo ilaa 2:00 galabnimo. Tani waa wakhtiga ugu korayso kulaylka. Xusuusnow in gubashada qorraxdu ay dhici karto maalmaha daruurahu jiraan xataa, marka ilaali meelaha guban oo dhar saar ama kreemada qorraxda.
- Cunug ka guban wejiga waa inuu gashadaa koofiyad oo ka caawinta ilaalinta jirka.
- Cunuggaga jirkiisa wuxuu noqon doonaa wax u nugul qorraxda ugu **yaraan sannad.** Wakhtigan ka dib, mari kreemada qorraxda oo ku tijaabi jirka adigo meel yar u dhigaya qorraxda. Haddii jirku noqdo guduud 30 daqiiqo ama ka yar, waxaad ogaanaysaa inay aad dhakhso u tahay in qorraxda loo dhigo meeshii gubatay.
- Weydii dhakhtarkaaga haddii cunuggaaga loo ogolyahay in uu dabaasho.

WAKHTIGA DHAKHTARKA LOO YEERAYO
WHEN TO CALL THE DOCTOR

Gubashada inta badan waxay ku biskoodaan 2-3 asbuuc. Aad bay muhiim u tahay in si aad ah loo fiiriyo meesha gubatay markasta oo faashada laga bedelayo. Haddii gubashadu aanay si wanaagsan u biskoonayn, waxaad arkaysaa mid ama ka badan calaamadaha soo socda:

- Isbedelo dheecaanka (midab, tiro, ur)
- Dhiig fara badan marka faashada la bedelayo
- Barar ama guduud agagaarka gubashada
- Xanuun ku batay meesha
- Cunuggu wuxuu leeyahay xummad ka saraysa 101° F oo afka ah, 102 F oo dabada ah, 100° F oo kilkisha ah (gacanta hoosteeda)

Sawir 4 Mari kreemada qorraxda oo leh SPF markay u yaraato dhowr jeer maalintii.

WAKHTIGA DHAKHTARKA LOO YEERAYO, CONTINUED
WHEN TO CALL THE DOCTOR

Haddii aad u malaynayso in cunuggaaga gubashadiisu aanay si sax ah u biskoonayn, fadlan wax dhakhtarkaaga
(magaca)_____ee
(talefoon)_____.
Waxa 5:00 galabnimo ka dambeeya iyo Sabtida iyo Axada, fadlan wax qaybta gubashada ee (614) 722-3860.

Haddii aad wax su'aal ah qabto, fadlan hubi inaad weydiiso dhakhtarkaaga ama kalkaalisadaada.