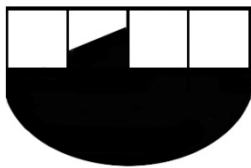


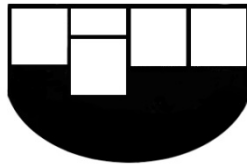
## Dhaawacyada Ilkaha: Tilmaamaha Daaweynta Kadib Dental Injury: Post Treatment Instructions (Somali)

Marka ilmo uu qabo dhaawac ilko oo aad u culus (Sawirka 1 aad), waxay qaadan kartaa asbuucyo badan in ilkaha iyo ciribku buskoodaan kahor inta aanan oggaan inay mustaqbalka la kulmi doonaan dhibaato.

Daryeelka dabagalka degdega ah ee habboon ee uu sameeyo dhakhtarka ilkaha, mushkiladaha qaar, sida xanuunka iyo caabuqa, waa laga hortagi karaa si dhibaatooyin aysan u dhicin mustaqbalka. Wali, cunugaagu waxa uu u baahan karaa daaweyn dheeraad ah, sida daaweynta xididka ilkaha ama in laga saaro ilig ama ilko. Waa muhiim inaad tagto dhammaan ballamaha caafimaadka lagula soconaayo aadna dhaqtarka si joogto ah ugu tagtaa.



**JABAN**



**DABACSAN**



**GUDAHA U GALAY**



**DIBIDDA USOO  
BAXDAY**

**Sawirka 1 aad** Haddii uu jiro dhaawac halis ah, waa muhiim inaad tagto dhammaan ballamaha caafimaadka ee dhaqtarka.

## Hawsha

Fadlan raac tilmaamaha hoose:

- Joogtee nadiifinta ilkaha. Si wanaagsan u caday ilkaha maalintii labo jeer.
- Haddii lagu xiray, nadiifi birta ilkaha kaga xiran. Si wanaagsan u caday ilkaha maalintii labo jeer.
- Wax haku qaniinin iliga dhaawaca ah illaa dhaqtarku kuu sheego inay CAADI tahay.
- Cun kaliya **cuntooyinka jilicsan** ugu yaraan 2 illaa 3 asbuuc. Tusaalayaasha waxaa kamid ah yoogatka, baradho la burburiyay, maraq, gelatin, iyo cuntooyinka budada ah. Iska ilaali cuntooyinka aadka u kulul ama aadka u qaboow.
- Ha ciyaarin ciyaar la istaabanaayo illaa dhaqtarku kuu sheego inay CAADI tahay mahee.
- Sug intaad helayso biraha ilkaha illaa dhaqtarku kuu sheego inay CAADI tahay mahee.

## Daawooyinka

Ayadoo lagu saleynaayo nooca dhaawaca ilkaha, dhaqtarka ilkaha ee cunugaaga waxa uu kugula talin karaa inaad isticmaasho daawada ilkaha aadna qaadato daawooyin, sida antibiyootikada.

Haddii uu jiro xanuun, cunugaaga waxa uu qaadan karaa daawooyinka farmashiyaasha laga iibsado sida ibuprofen (Motrin<sup>®</sup>) ama acetaminophen (Tylenol<sup>®</sup>). Akhri qoraalka dhalada ee lagu ogaanayo kuurada saxda ah ee da'da cunugaaga. Ha siin asbiriin caruurtaada. Ha siin daawooyinka loogu talagalay dadka waawayn.

## Ballamaha caafimaadka ee joogtada ah

**Waa muhiim inaad ilaaliso dhammaan ballamaha dabagalka dhakhtarka.** Xataa haddii iliga uusan xanuun lahayn dhaawaca kadib, waa muhiim in mararka qaar uu fiiriyo dhaqtarka ilkaha. Haddii ilkaha dhaawaca ah aan la fiirin waqtiyadaas, waxaa laga yabaa ilkaha inay waxyeelo joogto ah soogaarto ama ayba dhacaan.

Mudda u dhaxeysa waqtiga ballamaha dabagalka ee dhaqtarka waxay ku kula duwanaan karaan asbuuc ama dhowr sano, ayadoo ku xiran heerka dhaawaca. Marka cunuga uu helo daryeel waqtiyeysan iyo daaweyn ku habboon, fursada lumitaanka iliga way yaraataa.

Waa muhiim inaad kusoo laabato Nationwide Children's Hospital Dental Clinic (Rugta Dhaqtarka Ilkaha ee Nationwide Children's Hospital) ama dhaqtarka ilkaha ee daaweeyay dhaawaca cunugaaga aadna ugu tagi jirtay dhammaan ballamaha dabagalka.

Haddii cunugaagu aaday rugta caafimaadka ilkaha aadna doorato inaad ballamaha dabagalka aad aado dhaqtarkiisa ilkaha, fadlan ka codso dhaqtarka ilkaha inuu waco rugta caafimaadka si uu wax uga ogaado daryeelka cunugaaga.

## **Goorta la waco dhakhtarka ilkaha**

Wac Dental Clinic (Rugta Caafimaadka Ilkaha) haddii cunuggaaga:

- qabo qandho heerkeedu ka sareeyo 102° F (38.9° C) uuna u muuqdo inuu aad u xanuunsan yahay
- qayb kamid ah wajiga ama iliga uu bararo
- midabka iligiisa uu isbadelo ama noqdo gareey ama madoow
- ciribkiisa u dhaw ilkaha ay kuusmaan, midabkoodana ay isbadelaan ama haddii ay xanuun yeeshaan
- birta ilkaha ay jilicdo
- ilkaha loo geliyay ay jilcaan ama soo dhawaac
- uu dhiig baxo ama goobta dhaawaca ah ay xanuunto

Inta lagu jiro maalinta, Nationwide Children's Hospital Dental Clinic (Xarunta Ilkaha ee isbitaalka Nationwide Children's Hospital) ka wac (614) 722-5650.

Fiidadkii ama maalmaha asbuuca ee fasaxa ah, wac isku duwaha (614) 722-2000 kana codso inaad taleefoon kala hadasho dhaqtarka ilkaha ee deegaanka.