



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Maaraynta Nabarka Scar Management (Somali)

Markii maqaarka uu ku dhaawacmo gubashada, naxdinta, ama qaliinka, nabraha waxay abuuri karaan. Tani waa caadi. Waa qeyb oo sida maqaarka u bogsoodo. Waxay kuqaadan kartaa illaa 1 sanno oo si buuxdo ku bogsoodo. Waxay qaadaneysaa ugu yaraan 6 illaa 8 isbuuc qaliinka kadib ama dhaawaca nabarka inuu isu badelo qara weyni, gaduudni, sare uga kaco qari yari, simman, cadaan ah.

Waa muhiim inaad isticmaashid farsamooyinka maareynta ku yaalo nabarka canugaaga. Waxay ka caawisaa in nabadarada aad u sinmaan, salaxmaan, oo dabacsanaadaan. Tan ayaa ka dhigto xanuun yar nabarka oo mid aan la aqoonsan karin ah.

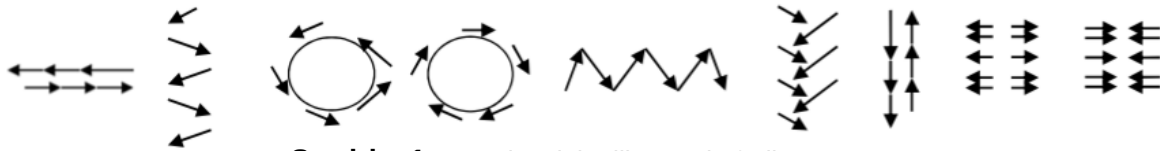
Farsamooyinka maareynta nabarka waxaa ku jiro:

- Masaajeynta nabarka
- Marinta silikoon
- Istimaalida kareemka qoraxda

Farsamooyinka

- Kadib markii laga saaro tolmada (toliinka) canugaaga ama ay baabab'do, dhaqtarkooda ama dhaqtarka daryeelka caafimaadka ayaa kuu sheegayo goorta la bilaabay masaajeynta nabarka. Tan ayaa caadi ahaan ah 2 illaa 3 isbuuc qaliinka kadib, iyo kadib markii qolofa jeexa (tolmada) ay ka dhacdo.
- 2 illaa 4 isbuuc, si tartiib ah u mari tolmada oo 5 illaa 10 daqiiqo, labo jeer maalin walba. Mari isla jihada sida tolmada. Istimaal cadaadis ku fillan si ay ugu badelanto midibka tolmada binki ku cawlanaan.
- Kadib qiyaastii 4 isbuuc, waxaad bilaabi kartaa masaajeynta nabarka adoo isticmaalayo dhaqaaqyo kala duwan.

- Masaajada jihooyinkoo dhan (Sawirka 1): kor, hoos, dhinac ku dhinac, wareega, qeyb ka jiidida, banaan ka jiidida, isku laabida, iyo isdhaxgelinta.



Sawirka 1 Tusaalooyinka jiheynada fariinta

- Nabarada way fududyihiin in la masaajeeyo haddii ay jilicsanyihiin. Waxaad ku nugleyn kartaa nabarka adoo isticmaalayo:
 - Saliidaha sida fitamiin E.
 - Jeelasha sida aloe vera.
 - Kareemada sida Eucerin[®], Aquaphor[®], ama Mederma[®]. Ha isticmaalin kareemada odgoon.
- Canugaaga waxaa laga yaabaa in la siiyo koolo gaar ah oo leh silikoon. Dhaqtarkooda ama dhaqtarka daryeelka caafimaadka ayaa kuu sheegayo sida loo isticmaalo.
- **Marwalba** ku isticmaal kareemka qoraxda oo leh maadada illaalada qoraxda (SPF) oo ka badan 30 oo nabarka canugaaga. Hubi in kareemka qoraxda ee aad isticmaashid ay kaa illaaliso ileyska UVA iyo UVB.