



## **Waxbaridda Bukaana-socodka**

**Orthopaedics/Xarunta Gacanta**



# La Xidhiidhadha Qalliinka Gacantaada

*Waxaad rabto inaad ogaato*

### **Macluumaad Guud**

- U diyaar noqo inaad la socoto dhakhtarkaaga qalliinka 2 toddobaad gudahood kadib qalliinka iyo hadana 6 todoobaad kadib qalliinka.
- Xusuuso inaad tagto booqashadaada 2-toddobaadlaha ah ee kadib qalliinka. **Booqashadani waa u muhiim daryeelkaaga.**
- Xaaladaha qaar, dhakhtarkaga qoyskaaga ama dabiibaha gacanta ayaa loo oggolaan karaa inuu kaa furo qodobada.
- *Bukaanada Jajabka:* Hayso walaxda kabka illaa ballantaada 2 toddobaadlaha ah. Wakhtigaas oo kabka lagaa furi doono oo lagugu xidhi doono walxaha adage e kabitaanka muddo 1 bil ah.
- *Bukaanada Xubnaha Dhan:* U diyaar noqo inaad shaqada ka fadhido illaa 3 toddobaad kadib marka lagaa furo walxaha kugu duuban. Waxaad ku jiri doontaa qolof adag muddo ilaa 6 toddobaad ah.
- *Dabiibka gacanta:* Bukaanada qaar ayaa u baahan kara dabiib jidh iyo/ ama hawleed ayaamo gudahood qalliinka kadib.
- MA awoodi kartid inaad baabuur u kaxaysato gurigaaga qalliinka kadib. Qabanqaabi qofka guriga kuu qaada qalliinka kadib.
  - Waxaad qaadan kartaa tagasi ilaa guriga HADDII uu kula socdo qof weyn oo mas'uul ah.
- Ha qorshaysan fasaxyo illaa 6 toddobaad qalliinka kadib. Waxaad yeelan doontaa booqashooyin killiinig. Fadlan la hubi jadwalkaaga dhakhtarka ama kalkaalisadaada.
- *Faashadaynta (labiska nabarka):* Labiska nabarka ee danbe ama daboolitaanku waa inuu qiyaas ahaan leekaado, laakiin aanu kala goyn socodka dhiiga. Haddii aad hayso su'aalo la xidhiidha tan, fadlan ka wac Kalkaalisada Gacanta 206-598-5494.
- *Caloo-fadhiga:* Qalliin, suuxitaan, iyo dawooyinka xanuunka ayaa keena calool-fadhiga. Si aad isaga ilaaliso calool-fadhi isticmaalo xaar jilciye ama dawada caloosha socodsiisa, cab sharaabka buruun (prune), oo cun waxyaabo leh calool xaadh badan ama sharbad dabiici ah.

## Su'aalo?

Wac 206-598-4263

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaad haddii aad hayso su'aalo ama walaacyo. Shaqaalaha kiliiniga UWMC ayaa iyana jooga si ay kuu gargaaraan.

Xarunta Gacanta:  
206-598-HAND (4263)

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## Su'aalaha iyo Jawaabaha

### Q: Imisa qodob ayey qaadan doontaa?

A: Hadba intii loo baahdo si si haboon loogu xidho dilaaca.

### Q: Ma caadi baa inay nabarowdo?

A: Waa caadi inaad nabar yeelato qalliinka kadib. Waxay qaadanaysaa illaa 4 toddobaad si nabarku u baaba'o.

### Q: Is Ma caadi baa inay gacantu aad ii bararto?

A: Bararku waa caadi ka qayb ah bogsashada. Bararku wuxu weyn yahay illaa 1 iyo 2 maalmood kadib qalliinka. Taas kadib, tartiib ayuu u yaraadaa. Waa muhiim in gacanta ama adinka kor lo ohayo, nasasho badan la helo, oo baraf la saaro gacanta ama adinka, iyada oo taasi gargaarayso hoos-u-dhaca bararka. Weydii kalkaalisada sida barafka loo saaro gacanta ama adinka.

### Q: Miyaan u baahanahay antibaayootik kahor shaqada ilkaha?

A: Maya, keliya marar nadir ah. Waan kuu sheegi doonaa haddii antibaayootik loo baahan yahay.

### Q: Waa maxay calaamadaha infekshanku?

A: Calaamadaha infekshanka waxa ku jira guduuditaanka oo kordha, kulayl, xanuun kordha, iyo dheecaan ur xun leh oo ka soo baxa nabarka. Qandho ka sarraysa 101.5°F (38.6°C), qadhdadhyo, ama dhidid ayaa laga yaabaa inay iyana noqdaan calaamadaha infekshanka.

### Q: Xiisahayga cunista ayaan aad u fiicnayn. Sidaasi ma OK baa?

A: Waa caadi inay hoos u dhacdo xiisaha cunistu kadib qalliinka. Isku-day inaad qaddar yar cunto inaad raaciso daawadaada si ay kaaga yarayso halista lablabo ama matag. Waa muhiim inaad cabto sharaab badan inta ay gacanta ama adinku ku bogsanayo.

### Q: Waxa aan qallinka galay 2 bilood kahor welina waxaan isku arkaa barar xoogaa maalintii. Tani ma caadi baa?

A: Waa caadi, xataa bilo kadib qalliinka, inaad ku yeelato gacanta ama adinka barar yar. Tani waxay dhici kartaa marka gacanta ama adinka aad loo isticmaalo, shaqada lagu noqdo, ama jimcisiga kadib. Bararku wuxu badiyaa ku yaraadaa nasasho, baraf, iyo kor u hayn.

### Q: Miyey biraha la dhexgaliyaa jidhka ka dhawaajiyaan alaarmiga maddaarka (garoonka diyaaradaha)?

A: Maya. Biraha la dhexgaliyaa qalliinka gacanta kama dhawaajin doonaan alaarmiga maddaarka. Isbedelada cusub ee laga sameeyo badbaada garoomada diyaaradaha. Ma hubno inay sida ku sii socon doonto mustaqbalka. Si aad ugu diyaar noqoto, waxaad warsan kaadh caddaynaya inay biri kugu jirto kadib qalliin lagu sameeyey.

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UW Medicine

Orthopaedics/Hand Center

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About Your Hand Surgery  
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# About Your Hand Surgery

*What you need to know*

## General Information

- Be prepared to follow up with your surgeon within 2 weeks of surgery and again 6 weeks after surgery.
- Remember to go to your 2-week post-operative visit. **This visit is vital to your care.**
- In certain cases, your family doctor or hand therapist may be allowed to remove your stitches.
- *Fracture Patients:* Keep your post-op splint on until your 2-week appointment. At that time, your splint will be removed and you will be placed in a cast for about 1 month.
- *Total Joint Patients:* Be prepared to be off work for about 3 months after your dressings are removed. You will be in a hard cast for about 6 weeks.
- *Hand Therapy:* Some patients may need physical and/or occupational therapy within days of surgery.
- You will NOT be able to drive yourself home after surgery. Arrange for someone to take you home after your surgery.
  - You may take a taxi home IF you have a responsible adult with you.
- Do not plan vacations for at least 6 weeks after surgery. You will have clinic visits to make. Please check with your surgeon or nurse about your schedule.
- *Dressings:* Post-op dressings or splints should fit snugly, but should not cut off circulation. If you have any questions about this, please call the Hand Nurse at 206-598-5494.
- *Constipation:* Surgery, anesthesia, and pain medicines may cause constipation. To avoid constipation, use stool softeners or laxatives, drink prune juice, and eat a high-fiber diet as a natural laxative.

## Questions?

Call 206-598-4263

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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## Questions and Answers

**Q: How many stitches will it take?**

A: As many as are needed to close the incision properly.

**Q: Is it normal to have bruising?**

A: It is normal to have bruising after surgery. It can take up to 4 weeks for most of the bruising to go away.

**Q: Is it normal for my hand to swell a lot?**

A: Swelling is a normal part of the healing process. Swelling usually is greatest about 1 to 2 days after surgery. After that, it will slowly lessen. It is important to keep your hand or arm elevated, get plenty of rest, and ice the hand or arm, as this helps to reduce swelling. Ask your nurse to show you how to apply ice to your hand or arm.

**Q: Do I need antibiotics before dental work?**

A: No, only in rare cases. We will tell you if antibiotics are needed.

**Q: What are the signs of infection?**

A: Signs of infection include increased redness, warmth, increased pain, and foul-smelling discharge from the incision site. A fever higher than 101.5°F (38.6°C), chills, or sweats may also be a sign of infection.

**Q: My appetite is not very good. Is this OK?**

A: It is normal to have a decreased appetite after surgery. Try to eat small amounts of food with your medicines to lessen the risk of nausea or vomiting. It is important to drink plenty of liquids while your hand or arm is healing.

**Q: I had surgery 2 months ago and I still notice some swelling at the end of the day. Is this normal?**

A: It is normal, even months after surgery, to have swelling in your hand or arm. This can occur with increased use of the hand or arm, return to work, in warm weather, or after exercising. The swelling will usually lessen with rest, ice, and elevation.

**Q: Do metal implants set off the alarm in airports?**

A: No. The implants used in hand surgery do not set off detectors in airports. With the rapid changes in security, we are unsure if this will continue to be the case in the future. To be prepared, you can ask us for a card verifying that you have a surgical implant.

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