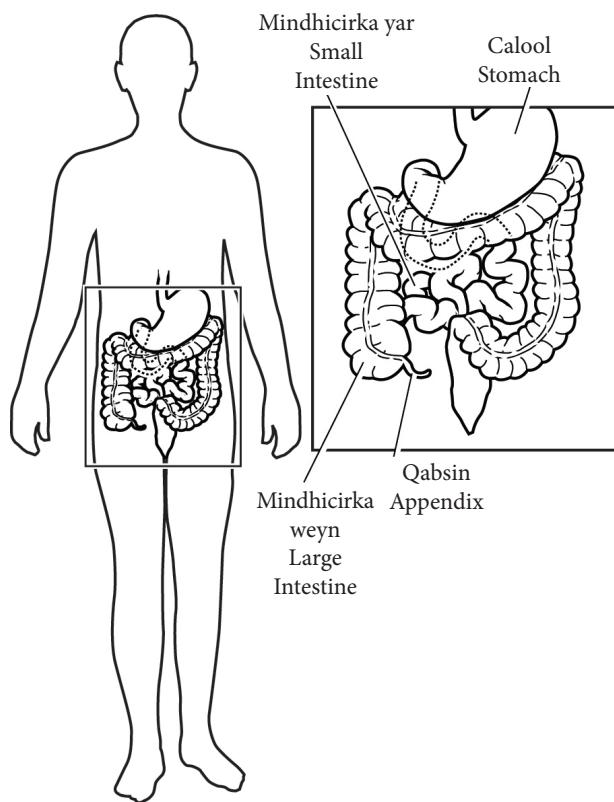


Qaliinka Sahlan ee Qabsinka ee Carruurta

Simple Appendectomy for a Child

Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that attaches to the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea, and vomiting. If the appendix bursts, it can make you very sick. To do this surgery, the doctor will make 1 to 3 small incisions or cuts in the abdomen (belly).



Qaliinka ukurka waa qaliinka looga saarayo ukurka. Qabsinku waa unug yar oo ku dhegan mandhacirka weyn. Qabsinku mararka qaar wuu xirmaa oo wuu caabuqaa oo bararaa. Aastaamaha qabsinka caabuqsan waxaa ku jiro xundhur xanuunka ee dhinaca midigta hoose, qandhada, cunista liidato, lalabada, iyo mataga. Haddii qabsinku qarxo, waxay kaa dhigi kartaa inaad aad u jireeto. Si loo sameeyo qaliinkan, dhaqtarka wuxuu ka sameynayaa 1 ama 3 duleel yaryar ama jaritaano gudaha xundhurta (caloosha).

To Prepare

- Tell your doctor what medicines and dosages your child is taking, including prescriptions, over the counter medicines, vitamins, and herbs.
- If your child has any allergies to medicines, foods, or other things, tell the staff.
- A nurse will give you eating and drinking directions.
- Have your child bring a favorite comfort object with them. This could be a toy, a pacifier, or a blanket.
- If you know you are having this surgery ahead of time, talk to your child about it. Tell them as much as they can

Si Aad Ugu Diyaargarowdid

- U sheeg dhaqtarkaaga daawooyinka iyo kuurayaasha uu canugaagu qaadanayo oo ay ku jiraan daawooyin uu dhakhtarku u soo qoray, daawooyinka laga iibsado dukaanka, fitamiinada, iyo dhirta.
- Haddii canugaaga ku qabo xassaasiyad daawooyinka, cuntooyinka, ama waxyaabaha kale, u sheeg shaqaalaha.
- Kalkaaliso ayaa ku siin doonta tilmaamaha ku aadan wax cunista iyo cabida.
- Ka yeel cunugaaga inuu la yimaado shay raaxo uu ku dareemo oo uu jecel yahay. Tani waxay noqon kartaa boombalo, cinjirka naas ahaanta ee ilmaha afka loo geliyo, ama buste.
- Haddii aad ogtahay in aad qaliinkan ku samaynayso wakhti ka horee wakhtigii loogu talagalay, kala hadal ilmahaaga wax ku saabsan sidaas. U sheeg inta ay fahmi

understand and let them ask questions. Stay calm and confident. Children can sense your feelings.

During Surgery

- Your child will wear a hospital gown.
- An IV (intravenous) line is put into a vein for giving medicine and fluids.
- Your child will be given medicine, so he or she will sleep through the surgery. The medicine will be given through the IV or a face mask.
- The abdomen is cleaned and sheets are put over your child to keep the surgery area clean.
- Incisions are made in your child's abdomen.
- The appendix is removed.
- The incisions are then closed with:
 - Gauze and tape dressing
 - Steri-Strips™, a special tape
 - Dermabond®, a special glue
- A transparent dressing, called Opsite, or bandages may be placed over the wounds.

After Surgery

In the Hospital

Your child is taken to the Post Anesthesia Care Unit (PACU) and watched closely until they wake up and are doing well.

- Your child's breathing, blood pressure, and pulse are checked often.
- Your doctor will talk to you about your child's surgery.

karaan oo karaankooda ah oo u ogolow inay su'aalo ku weydiiyaan. Isdeji oo isku kalsoonow. Carruurta way dareemi karaan dareenkaaga.

Inta Lagu Jiro Qaliinka

- Canugaaga wuxuu xiranayaa dharka isbitaalka.
- Faleenbo ayaa la gelinayaa xididka si loogu siiyo daawada iyo dareerayaasha.
- Canugaaga waxaa la siin doonaa daawo, marka isaga ama iyada waxay seexanayaan inta lagu jiro qaliinka. Daawada waxaa lagu siin doonaa iyadoo loo maraayo faleenbo ama maaskarada wejiga.
- Xundhurta waa la nadiifiyaa oo go'yo ayaa la dhigaa dhinaca canugaaga si ay ugu hayso nadiif aaga qaliinka.
- Duleelada waxaa lagu sameeyaa xundhurta canugaaga.
- Qabsinka ayaa la soo saaraa.
- Duleelada ayaa kadib lagu xiraa:
 - Faashad iyo koolada duubista
 - Steri-Strips™, sharooto qaas ah
 - Dermabond®, koolo qaas ah
- Maro duubitaan arag gudbiye ah, oo loo yaqaan Opsite, ama faashooyinka ayaa laga yaabaa in la dul saaro dhaawaca.

Qaliinka Kadib

Gudaha Isbitaalka

Canugaaga waxaa la geeyaa Qeybta Daryeelka ee Kadib Suuxdinta (Post Anesthesia Care Unit, PACU) oo si dhow ayaa lagula socdaa illaa ay ka soo kacaan oo ayna dareemaan si fiican.

- Neefsiga canugaaga, dhiig karka, iyo garaaca wadnaha waa la eegaa inta badan.
- Dhaqtarkaaga ayaa kaala hadli doonaa wax ku saabsan qaliinka canugaaga.

- Your child will need to get up and walk around after surgery. This helps “wake up” the bowels, and helps with your child’s breathing and blood flow.
- Your child may be able to go home the same day as surgery if they can walk, pain is controlled by medicine taken by mouth, and they can drink clear liquids.
- Medicines given during the surgery will make your child sleepy. Your child should be watched closely for 24 hours after you go home.
- Canugaaga wuxuu u baahan doonaa inuu kaco oo agagaarka ku lugeeyo qaliinka kadib. Tani waxay caawisaa “kacitaanka” caloosha, oo ku caawisaa canugaaga neefsiga iyo isu-socodka dhiiga.
- Ilmahaagu waxa laga yaabaa in uu awoodi karo in uu guriga aado isla maalinta qaliinka lagu samaynayo haddii ay socon karaan, xanuunka waxaa xakameya daawada afka lagu qaato, waxayna cabbi karaan dareeraha saafiga ah.
- Daawooyinka la siiyo inta lagu jiro qaliinka waxay gelineysaa canugaaga hurdo. Canugaag waa in si dhow loo illaaliyaa qiyaastii 24 saac kadib markaad guriga aadid.

At Home

- Your child should get plenty of rest.
- Give medicines as directed by your doctor.
- Call your child’s doctor’s office to schedule a follow up visit.
- Follow the instructions given to you on how to care for your child’s incisions.
 - ❑ **Steri-Strips™**: The tapes will fall off on their own. Do not remove them unless the doctor says that it is okay.
 - ❑ **Dermabond®**: The glue will loosen in 1 to 2 weeks from your child’s skin as your child’s wounds heal. Do not remove or put ointments or creams on it.
 - ❑ **Opsite**: Leave this dressing in place. It will fall off on its own in 1 to 2 weeks. Do not remove unless your child’s doctor says that it is okay.
- Your child may take a shower or sponge bath. Do not let your child take a tub bath or swim for 1 week after surgery. Carefully wash the incisions with soap and water and pat dry.

Markaad Guriga tagto

- Canugaaga waa inuu helaa nasiinyo badan.
- U sii daawooyinka sida u tilmaamay dhaqtarkaaga.
- Soo wac xafiiska dhaqtarka canugaaga si aad u balansatid dabagalka booqashada.
- Raac tilmaamaha lagu siiyay ee sida loo daryeelo duleelada canugaaga.
 - ❑ **Steri-Strips™**: Iskood ayeey koolooyinku u soo daadan doonaan. Haka qaadin illaa dhaqtarka dhaho waa la sameyn karaa.
 - ❑ **Dermabond®**: Kooladu waxay ka dabceysaa maqaarka canugaaga gudaha 1 ilaa 2 toddobaadyo markaas oo uuna dhaawaca canugaaga soo bogsanayo. Ha saarin ama ha marin boomaato ama kareemyo dusheeda.
 - ❑ **Opsite**: Ku dhaaf duubidaan meesheeda. Waxay ku dhaceysaa iskeeda gudaha 1 illaa 2 isbuuc. Haka qaadin illaa dhaqtarka canugaaga dhaho waa la sameyn karaa.
- Canugaaga wuu qubeysan karaa ama maro ayaa jirkiisa oo dhan ugu tirtiri kartaa. Ha u ogolaan canugaaga inuu ku qubeysto tuubada ama dabaasho 1 isbuuc qaliinka kadib. Si taxadar ah ugu dhaq duleelada saabuun iyo biyo oo si sahlana u qalaji.

- Your child may need to do deep breathing and coughing exercises to keep the lungs clear.
- Your child should not lift objects over 10 pounds or play competitive sports for 2 weeks after surgery.
- Talk to your child's doctor or nurse about other activity limits. Your child should be able to return to normal activities in about 2 to 3 days.
- Waxaa laga yaabaa in ilmahaagu u baahdo inuu sameeyo jimicsi neefsasho iyo qufacitaan qoto dheer si sambabada u nadiifsamaan.
- Ilmahaagu waa inaanu qaadin shay-yaasha ka badan 10 rodol ama aanu ciyaarin ciyaaraha tartanka ah 2 todobaad qaliinka ka dib.
- kala hadal dhaqtarka canugaaga ama kalkaalisada xadeynada howlaha kale. Canugaaga waa inay u suurtoogashaa inuu ku soo laabto howlaha caadiga ah qiyaastii 2 ilaa 3 maalmood.

When to Call the Doctor

- Incision becomes red
- Incision becomes more tender or swollen
- Child vomits more than 1 time
- Child can't have a bowel movement (poop)
- Incision begins to pull apart
- There is new drainage around the incision
- Child's stomach is distended (full and firm) and it is painful
- Child's pain can't be controlled by medicine they were told to take
- Child has a fever over 100.8° Fahrenheit (F) or 38.2° Celsius (C)

Talk to your doctor or nurse if you have any questions or concerns.

Goorta La Wacayo Dhakhtarka

- Jeexdintu waxeey noqotaa casaan
- Jeexdintu waxeey noqotaa mid jilicsan ama bararsan
- Ilmahu wuxuu matagaa in ka badan 1 mar
- Ilmaha ma lahaan karo dhaqdhaqaaqa saxarada (xaar)
- Jeexdintu waxeey bilaawdaa inay kala fogaato
- Meesha la jeexay wexeey yeelataa dheecaan kasoo daaditaan cusub
- Caloosha ilmahu wey barartaa (buuxsantaa oona adkanaantaa) waana xanuun
- Xanuunka ilmaha laguma xakamayn karo dawo loo sheegay inay qaataan
- Ilmuhu waxa uu leeyahay qandho ka badan 100.8° Fahrenheit (F) ama 38.2° Celsius (C)

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabto wax su'aalo ah ama walaacyo.