

Dilaacyada Lafta

Bone Fractures

A fracture is also called a broken bone. A broken bone is often caused by a fall, an injury or an accident. You may need an x-ray to see if you have a broken bone. After your bone(s) are put back in place, you may have a cast or splint to keep the injured bone(s) from moving. If you have a bad break and other injuries, you may need to have surgery and stay in the hospital. Most bones heal in 6 to 8 weeks.

Signs of a fracture

The area near the broken bone may:

- Hurt
- Feel weak
- Feel numb or tingle
- Be swollen or bruised
- Bleed if the skin is broken
- Look bent if the bones are out of place
- Be hard to move

Your care

- Keep the injured area raised above your heart as much as possible to reduce swelling. Use pillows to raise your injured hand or foot above the level of your heart.
- Use ice to lessen pain and swelling for the next 1 to 2 days. Put the bag of ice on the cast or splint over the injury for 15 to 20 minutes every hour.
- Take your medicines as directed.

Dilaaca waxaa sidoo kale loo yaqaan laf jaban. Lafta jaban waxay inta badan sababtaa dhacitaan, dhaawac ama shil. Waxaad u baahan kartaa raajo si aad u aragtid haddii aad qabtid laf jaban. Kadib markii lafahaaga dib loogu celiyo, waxaad heli kartaa faashada ama taageerada geedka ee looga illaalinayo in lafta dhaawacan dhaqaaqdo. Haddii aad qabtid jab xun iyo dhaawacyo kale, waxad u baahan kartaa in qaliin laguugu sameeyo oo aad isbitaalka joogtid. Lafaheyga waxay ku bogsoodaan 6 illaa 8 isbuuc.

Aastaamaha Dilaacyada Lafta

Aaga u dhow lafta jaban waxaa laga yaabaa inay:

- Xanuunto
- Tabardaro dareento
- Dareento kabuubasho ama naxdinta
- Bararo ama maruubo
- Dhiiga haddii maqaarka uu jabsanyahay
- Fiiri qalooqa haddii lafaha ay booskooda ka maqanyihiin
- Ku adagtahay dhaqaaqa

Daryeelkaaga

- Ku haay aaga dhaawacan korka wadnahaaga sida badan oo suurtoogalka ah si loo yareeyo bararka. Isticmaal barkimaha lagu qaadayo gacantaada dhaawacan ama cagta ka koreyso heerka wadnahaaga.
- Isticmaal baraf si aad u yareysid xanuunka iyo bararka ee 1 illaa 2 maalmood ee xigta. Geli bacda barafka faashada ama geedka dusha dhaawaca oo 15 illaa 20 daqiiqo saacad walba.
- U qaado daawooyinka sida laguugu tilmaamay.

If you have a cast

- Check the skin around the cast every day. Call your doctor if you have red or sore spots.
- Put lotion on dry areas.
- Do not use lotion or powders if you have blisters or stitches on your skin under the cast.
- Use a hair dryer daily, set on cool. This keeps your cast dry, comfortable and helps relieve itching.
- Call your doctor if your cast fits loosely. The cast can slide around causing skin irritation.
- Exercise your fingers or toes. This improves blood flow and helps healing.
- Use a nail file to file rough edges on your cast.
- **Do not** scratch the skin under your cast with sharp or pointed objects.
- **Do not** put pressure on any part of your cast or splint as it may break.
- Keep your cast or splint dry by putting a plastic bag over it when bathing.
- Use a hair dryer if your cast gets wet.
- Call your doctor or clinic to schedule an appointment to get your cast removed after the bone has healed.

Haddii aad qabto faashad

- Fiiri maqaarka agagaarka faashada maalin walba. Soo wac dhaqtarkaaga haddii aad qabtid meelo gaduudan ama xanuun ah.
- Mari kareem aagaga qalalan.
- Ha isticmaalin kareem ama bowdharo haddii aad ku leedahay finnan ama tolmo maqaarkaaga ka hooseeyo faashada.
- Isticmaal timo qalajiyaha maalin walba, ku qaabeey qabowga. Tani waxay ku joogteysaa faashadaada si qalalan, raaxo ah oo waxay caawisaa bogsiinta cuncunka.
- Soo wac dhaqtarkaaga haddii faashadaada ay la ekaato mid dabacsan. Faashada dhinac ayay u socon kartaa taas oo sababeyso xasaasiga maqaarka.
- Jimicsiga fartaada ama suulasha. Tani waxay wanaajisaa qulqulka dhiiga oo caawisaa bogsashada.
- Isticmaal xareynta musmaar si aad ugu xareysid geesaha xun.
- Maqaarka ka hooseeya meesha faashada ku dhegan tahay **haku** xoqin shey afeysan ama af leh.
- **Ha saarin** cadaadis meesha faashadu ku dhegan tahay ama kabida maadaama ay furan karaan.
- Ku haay faashadaada ama geeska si qalalan adiga oo gelinayo bac dusha marka qubeysaneysid.
- Isticmaal timo qalajiye haddii faashadaada qoyaanto.
- Soo dhaqtarkaaga ama xarunta caafimaadka si aad u balansatid balan si faashadaada looga saaro kadib markay lafta bogsato.

Call your doctor right away if:

- You have trouble breathing, chest pain or confusion.
- You have pain that does not go away.
- Your skin or nails of the injured hand or foot are blue, gray, cold or numb.
- Your cast gets damaged or breaks.
- You have new stains or an odor coming from under the cast.
- You have swelling that makes your cast feel too tight.

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

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Soo wac dhaqtarkaaga isla markaas haddii:

- Aad dhibaato ku qabtid neefsiga, xabad xanuunka ama jah wareerka.
- Waxaad qabtaa xanuun aanan dhammaanin.
- Maqaarkaaga ama cidayahaaga ee gacanta dhaawacan ama cagta waa baluug, casaan, qabow ama kabuubasho ah.
- Dhaawacmo faashadaada ama kala go'aan.
- Qabtid dhaawacyo cusub ama ur ka imaaneyso faashada hoosteeda.
- Qabtid barar ka dhigaa faashadaada inay dhuuqsantahay.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaacyo ah

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.