

Tolmada Faruuryaha

Jeexitaanku wuxuu u muuqan karaa inuu balaartay uuna yeeshay casaan 6 ilaa 8 asbuuc kadib marka la sameeyo qalliinka. Waxaa isku imaan doona jeexitaanka tolmada waxaana kor u kici kara bishinta.

Isbadeladan waxaa keenaa isku imaanshaha meesha dhaawaca ah maadaama ay bugsooneyso waxaana arrin la filaayo inay dhacdo.

Muddo kadib, bishintu caadi ayay noqon doona waxaana sii baabi' doona muqaalka dhaawaca, waxayna meeshu yeelan doontaa midabka maqaarka caadiga ah ee ilmaha ayadoo ku milmaysa maqaarka caadiga ah ee bishinta kore. Dhammaan isbadeladan waxay dhici doonaan inta lagu jiro 6 ilaa 12 ka billlood ee xigta.

Tolmada Canjeexa

Waxaa xoogaa barari doona qaybta kore ee afka cunugaaga waxaana muuqan doona tolmada. Si kaduwan tolmada faruuryaha, ee muhiimka ah in tolmada la furfuro 5 ilaa 6 maalmood, tolmada canjeexa waxay si tartiib-tartiib ah ugu milmi doontaa maqaarka inta lagu jiro 2 da billlood ee xigta.

Calaamadaha iyo Astaamaha Caabuqa

Marka aad guriga joogto, cunugaaga ka eeg astaamaha iyo calaamadaha caabuqa. Marka aad ka eegeyso astaamahan soo socda, fadlan hubi inaad meesha ka saarto xanuun kasta oo ilmaha ku dhaca oo loo gudbin karo dhakhtarka koowaad ee ilmaha. Ka wac Kalkaalisada Khadka Caafimaadka ee ah [651-229-3890](tel:651-229-3890)

[3890](tel:651-229-3890) haddii aad aragto wax kamid ah arrimahan soo socda:

- Dhiig bax saa'id ah ama haddii aad kuleyl ku aragto meesha caabuqa leh
- Dalijamo casaan ah oo u dhaw meesha la tolay
- Dheecaan jaalle ama cagaar ah oo adag

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- Ur kasoo baxaaya meesha la tolay
- Xanuun saa'id ah ama xanuun aan ku baaba'ayn daawada xanuun baabi'iyaha ah
- Qandho dhan 101.5 digrii ama ka badan

Daryeelka Qaliinka gaar ahaan Faruuryaha La Tolay

- Ka dhig meesha la qalay meel nadiif ah oo qalalan.
- Wax ha marmarin meesha la qalay si aad u nadiifiso. Si xoog ah ha u nadiifin. Kaliya si degan u nadiifi adoo adeegsanaaya maro leh biyo diiran.
- Ha fujin qolafta ama tolmada.
- Isticmaal kabka meelaha dhaawaca ah lagu xiro habbeenkii ama marka ilmaha uu kaligiis yahay si aad oga ilaaliso inuu tolmada fujiyo. Ka saar kabka 4 tii saacba mar si aad maqaarka oga ilaaliso dhaawac, meelaha leh cassaanka iyo si aad ilmaha ugu oggolaato inuu kala bixiyo gacmihiisa si uusan u dareemin caburnaan. Kabka lagu xiro meelaha dhaawaca ah waxaa loogu talagalay in la adeegsado 1 ilaa 2 da asbuuc ee koowaad kadib qaliinka.

Daryeelka Qaliinka gaar ahaan Daryeelka Tolmada Canjeexa

- Ha fujin qolafta ama tolmada.
- Isticmaal kabka meelaha dhaawaca ah lagu xiro habbeenkii ama marka ilmaha uu kaligiis yahay si aad oga ilaaliso inuu tolmada fujiyo. Ka saar kabka 4 tii saacba mar si aad maqaarka oga ilaaliso inuu soo gaaro dhaawac, meelaha leh cassaanka iyo si aad ilmaha ugu oggolaato inuu kala bixiyo gacmihiisa si uusan u dareemin caburnaan. Kabka lagu xiro meelaha dhaawaca ah waa in la adeegsado 1-2 asbuuc kadib qaliinka.
- Ha u oggolaan in ilmuhu wax geliyo afkiisa, oo ay kujiraan cinjirka afka ilmuhu gashadaan, caaga cabeebka ilmaha ama gacmihiisa.

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Hawalaha: Sida habboon illaa in si kale Dhakhtarku ku talliyo maahee

- Daryeelka afka.
- Sii cunugaaga biyo kadib marka uu cuno cuntooyin si afkiisa nadiif u dhaqdo.
- Waa CAADI waad adeegsan kartaa maro jilicsan si aad ugu nadiifiso ilkaha ilmaha, haddii cunugaaga u dulqaadan karo.
- Ha isticmaalin buraashka cadayga muddo dhan labo asbuuc kadib qalliinka.

Cuntooyinka ilmaha la siiyo kadib marka lagu sameeyo qalliinka faruuryaha

Ilmaha yaryar waxay dib ugu laaban karan cabida caanaha naaska ama waxay cabi karaan caanaha qasacadaha kadib marka lagu sameeyo tolmada faruuryaha.

Cuntooyinka ilmaha la siiyo kadib marka lagu sameeyo qalliinka canjeexa

Isticmaal koob jilicsan/fudud oo wax lagu kaban karo kadib qalliinka tolmada canka. Masaasadaha sida uu ku talliyo Dhakhtarkaaga Gillette.

Kuma talinayno in la isticmaalo istaroom, caaga ilmaha afka gashadaan ama caaga ilmaha ka bi'iyaha cabeebka ilmaha muddo dhan 3 asbuuc kadib labada qaliin kuu maraba ilmuhu.

Carruurta mara qalliinka tolmada canjeexa waa inay helaan cabitaano buuxa iyo cuntooyin adag "oo aan lahayn jajab" muddo labo asbuuc ah. Arrintan waxay ka hortagaysaa in jab kamid ah cuntada ay gasho meesha la tolay, ayna keento caabuq. (Yooqadka Faniilaha, Jell-O, macmacaan, Kareenka sareenka, cuntooyinka adag ee ilmaha, jallaato iyo nooc kasta oo kamid ah cabitaanada waa CAADI in la siiyo ilmaha.) Haddii cunugaaga ka wayn tahay 12 sano, Quraacda sida dhaqsaha loo sameeyo sida

Tolmada Faruuryaha/Canjeexa: Tilmaamaha Isbitaal Ka bixida Kadib

Cleft Lip/Cleft Palate Repair: Discharge
Instructions - Somali



Pediasure, Kindercal ama Carnation ayaa gacan ka geysan kara inay inuu ilmuhu kalooriinka nafaqada ah ka helo cuntooyinkiisa. Sidoo kale waxaad 3 qaado oo ah caanaha budada ah ee aan lahayn dufanka ku dari kartaa dhammaan cuntooyinka adag si cuntadu u yeelato kalooriin iyo barotiin dheeraad ah.

Daawada

Labaatan-iyo-afar saac kadib qalliinka, inta badan carruurta waxay si fiican u cabaan cabitaanada waxaana inta badan xanuunka lagu xakameeyaa Tylenol caadiga ah. Carruurtaada waxaa loosoo diri doonaa guriga ayagoo wata antibiyootik ay tahay inay qaataan shanta maalmood ee ku xigta maalinta ay maraan qalliinka si uusan ugu dhicin caabuq.

Dabagalka Balamaha

Kusoo laabo rugta caafimaadka inta lagu gudo jiro_____ maalmood si aad u aragto dhakhtarkaaga Gillette.

Su'aalo ama tabashooyin ma qabtaa?

Kala xidhiidh Kalkaalisada Khadka Caafimaadka ee ah [651-229-3890](tel:651-229-3890) haddii aad aragto wax kamid ah arrimahan soo socda:

- Xumadda ka saraysa 101.5 F
- Cun cunka huguriga
- Xanuunka aad u daran

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