

DIS148-SO

Nuuradda kabka biyaha iska celisa ayuu dhakhtarkaada kuu dalbay si addinka (gacanta ama lugta) aanu u dhaqdhaqaaqin kaddib jabista. Waxa uu ka kooban yahay isbuunyo biyaha iska celisa iyo walxaha la'isku kabo oo ka sameysan faybargalas. Isbuunyada biyaha iska celisa waa labo midkood Delta dry ama AquaCast. Isbuunyada nuuradda kabka Delta Dry waa isbuunyo tolmo furan taasoo aan biyaha haysanin marka ay qoydo. Isbuunyada AquaCast waxay ka sameysantahay dun leh balaayiin duleelo yar yar ah kuwaas oo u ogolaada biyaha inay uumi baxaan. Labada nooc ee isbuunyadaba, kaddib marka biyo la quusiyo, biyaha xad-dhaafka ah waxay ka baxaan daafaha nuuradda kabka. Qo'qoyaanka soo hadha ugu dambeynta wuu uumi bixi doonaa nuuradda kabkana way qallali doontaa.

Maydhashada adoo sita Nuuradda Kabka Biyaha iska Celisa

Si ka duwan nuuradda kabka ee caadiyan wadata isbuuyada suufka ka sameysan, nuuraddani kabka biyaha waa la dhex gelin karaa. Si looga hortago wax ku dhex kora ama noole gudaha nuuradda kabka, Gillette kuma talinayso in lagu dabaasho biyaha ilaha dabiiciga ah oo ay ku dhex noolyihiin ilma qabatada. Waxaa ka mid ah badda, harooyinka, webiyada ama balliyada. Barkadaha qubeyska, biyaha baafka lagu dhex meydho iyo kuwa kor la iskaga furo waa caadi. Badanaa nuuradda kabka oo biyo la dhex geliyo ayaa ka dhigi karta mid istareex leh, oo caawin karta in la baabi'iyo urka ama cuncunka. Marka aad meydhaneysid u ogolow biyo saabuun leh inay dhex maraan nuuradda kabka, laakiin si toos ah ha ugu shubin saabuunta. Biyaha saabuunta leh waa la qafiiyaa wayna fududahay in laga raaciyo kahor inta aan meydhashada la dhameynin. Kahor inta aanad dhammaysan meydhashada, waa muhiim inaad u ogolaato in biyo nadiif ah dhex maraan nuuradda kabka si meesha looga saaro wixii saabuun hurgun ah. Marabtid in hurgun saabuun ah maqaarka dulsarnaado oo ku qallalo sababtoo ah waxay sababi kartaa dhibaato maqaarka ah iyo cuncun.

Qalajinta Nuuradda Kabka biyaha iska celisa (Drying a Waterproof Cast)

Marka nuuradda kabka biyo laga raaciyo oo ay tahay wakhtigii la qalajin lahaa. U ogolow inay biyaha ka baxaan darfaha nuuradda kabka. Waxaad ku duubi kartaa nuuradda kabka shukumaan si uu u qabto biyaha xad-dhaafka ah ee ka tifqi doona nuuradda kabka. Nuuradda kabka way qoyanaan doontaa ugu badnaan 90 daqiiqo meydhashada kaddib. Waxaad ku dadajin kartaa nidaamka qalajinta adigoo isticmaala huufarka inaad kaga soo nuugto biyaha xad-dhaafka ah, ama timo qalajiye lagu dajiyey qabow inuu hawo

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ku afuufo darfaha nuuradda kabka. Iska ilaali inaad kuleyl ku istimaasho tima qalajiyaha sababtoo ah wuxuu dhalaalin karaa suufka nuuradda kabka ama wuxuu xanfafiin karaa maqaarka ka hooseeya nuuradda kabka. Inta lagu jiro bilaha jiilaalka, nuuradda kabka oo qoyan way barafobi kartaa waxayna sababi kartaa dhaawac barafeed (Frostbite) jiidhka ka hooseeya nuuradda kabka. Fadlan tan ka feejignow oo qaado taxadarka ku haboon marka aad bannaaka ula baxeyso nuuradda kabka oo qoyan.

Nuuradda kabka biyaha iska Celisa waa inay nadiif ahaataa.

Waxaa muhiim ah in maadooyinka bannaanka ka imaanaya laga ilaaliyo nuuradda kabka inay gudaha u galaan. iska ilaali inaad tagto garoonka ciyaarta, santuuqyada bacaadka, xeebta, ama meelkasta oo bacaad leh. Jajabka alwaax, quruurax digireed, ama cadadka yar-yar ee rabadhka dib loo warshadeeyey. Burburka yar-yar si fudud ayay ugu dhagi karaan gudaha nuuradda kabka oo sababi karaan xanfaf maqaarka ah, furuurac ama nabaro. Fadlan ka fogow isticmaalka jeermis dilaha gacmaha la marsado, looshanka, ama budo gudaha nuuradda kabka. kuwani waxay keeni karaan xanfaf maqaarka ah ama furuurac sidoo kale. Waa caadi in wax lagu sawiro ama lagu qoro nuuradda kabka dusheeda iyadoo la istimaacloyo qalin ama khad aan tirmin. Noocyada kale ee khadda way ka tirmi kartaa nuuradda kabka oo ku tirmi kartaa meelaha kale oo ay kaa haleyn kartaa. Haddii ay wax ku dhagaan gudaha nuuradda kabka, fadlan la xiriir Telehealth Nursing isla markiiba.

Nuuradda kabka biyaha iska Celisa waa inay Dhameystirnaataa

Si ay nuuradda kabka u qabato wixii loogu talagalay inay qabato, waa inay dhameystirnaataa ilaa iyo inta la gaadhayo ballanta lagaaga furi doono. Si looga hortago dhaawac dheeri ah oo shaqsiyan kusoo gaadha ama waxyeelo ku timaada nuuradda kabka, waxaan ku talinaynaa in labada cagood aad dhulka ku hayso. Tani micnaheeda waa inaad iska ilaalisaa inaad meel korto, isa soo laadlaadiso, booddo, oroddo, iyo inaad iska ilaalisoo wax kasta oo shaagag leh sida baaskiil, rollerblades, hoverboards iwm. Way fududahay in la dhaqaqaajiyo isbuunyada gudaha ee nuuradda kabka, taas oo sababi karta in isbuunyada giijisanto, wareega dhiiga kala xirto, iyo/ama sababto dhibaatooyinka maqaarka. Ha faqfaqin oo waxna dibadda ha'uga soo jiidin nuuradda kabka. Waxba gudaha ha'u gelinin nuuradda kabka xataa farahaada. Haddii ay nuuradda kabka dilaacdo ama jabto, ama isbuuyada la carqaladeeyey, waxay u baahantahay in la hagaajiyo ama la beddelo, sidaas daraadeed fadlan la xiriir khadka kalkaalisooyinka (telehealth) isla markiiba.

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Daryeelka Maqaarka adigoo sita Nuuradda Kabka biyaha iska celisa

Hubi maalin kasta si aad u xaqiijiso in nuuradda kabka aanay ahayn mid xad-dhaaf u giijsan ama xad-dhaaf u dabacsan. Nuuradda kabka oo xad-dhaaf u giijsan waxay xaddidi kartaa dhiigga gaadhaya addinka ama waxay sababi kartaa dhaawac gaadha neerfaha.

- Faraha lugaha iyo faraha gacmaha ee nuuradda kabka ku dhex jira waa in ay ahaadaan casaan oo ay qandac ahaadaan marka la taabto. Si loo tijaabiyo wareega dhiigga oo sax ah, tuuji ciddida farta gacanta ama lugta. Ciddidu waa inay noqotaa casaan 5 il-bidhiqsi gudahood ka dib markii cadaadiska laga qaado. Barar gudaha nuuradda kabka ah waa suuro gal. Si loo yareeyo raaxo darada oo loo nafisiyo bararka inta lagu jiro bogsashada, kor u qaad gacantaada ama lugtaada oo ku hay meel ka sareysa wadnahaada sida ugu badan ee suurtagalka ah. Saar baraf meel kastoo loo baahdo. Waa suurogal in barafka dhaawaco jidhka (frostbite) nuuradda kabka gudaheeda haddii lagu hayo wakhti xad-dhaaf ah. Nuuradda kabka waxay la qabowdaa maqaarka, sidaa daraadeed saameynta qaboojinta way soconeysaa in mudo ah marka barafka laga dajiyo.
- Waad awoodaa inaad dhqaajiso faraha lugaha iyo gacmaha, haddii aan dhaqaaqa laga xidhin, ama lagu talinin in aan la dhaqaajinin. Lama rabo inaad dareento kabuubyo, qodxo-qodxo ku mudaya ama xanuun.
- Ha isticmaalin wax aad ku xoqdo nuuradda kabka hoosteeda. Xoqidda waxa laga yaabaa inay maqaarka dilaaciso oo ay keento caabuq, kaas oo ay sii murjin karto adoo meesha ku daro qoyaan adoo sita nuuradda kabka biyaha iska celisa. Waxay sidoo kale durjin kartaa suufka, taasoo sababeysa nabarada cadaadiska, wareega dhiiga oo xidhma, ama dhaawaca miinshaarta nuuradda kabka marka lagaa furayo.

Goorta iyo Waxa Loo soo sheego Dakhtarkaada

Dhibaatoohyinka nuuradda kabka, gaar ahaan kuwa saameeya dhaqdhaqaaqa, dareenka, iyo/ama wareegga dhiigga ee addinka ayaa ah kuwo halis ah, sababtoo ah dhaawac joogto ah oo kaa soo gaadha addinka ayaa dhici kara muddo gaaban gudeheed. Wac khadka kalkaalisoooyinka (Telehealth) ama dhakhtarkaada isla markiiba haddii aad dareento mid ka mid ah kuwan soo socda.

- Barar khordhay, qodxo-qodxo ku mudaya, ama kabuubyo aan ku xalimin addinka oo meel sare la saaro.
- Xanuun aan laga fiicnaanin marka la qaato dawadii la qoray ama addinka oo meel sare la saaro.
- Xanaaq xad dhaaf ah sabab muuqata la'aan.

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- Calaamad wasakh cusub oo ka soo baxda gudaha nuuradda kabka.
- Ur aan caadi aheyn oo ka soo baxaya nuuradda kabka (urka dhididka waa caadi).
- Isbedel ku dhaca midabka ama heer kulka faraha lugaha ama faraha gacmaha.
- Xanfah maqaarka ah ama furuura.
- Faraha lugaha ama faraha gacmaha oo u muuqda in ay dib ugu sibdhadeen gudaha nuuradda kabka.
- Nuuradda kabka ood dareento in ay aad u giijsantahay ama aad u dabacsantahay (nuuradda kabka oo kor ama hoos u dhaqaaqda).
- Nuuradda kabka oo dilaacda ama jabta, oo u oggolaaneysa addinka inuu dhaqdhaqaaqo.
- Xoqis xanuun badan ama gubasho gudaha nuuradda kabka.
- Qandho aan la garaneynin oo ah 101.5 ama ka sareysa.
- Shey bannaanka ka yimid oo ku dhex jira nuuradda kabka gudeheeda.

Su'aalo ama Walaac?

Fadlan wac

Gillette Telehealth 24/7: (651) 229-3890

Toll free: 1 (800) 719-4040

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