

Daryeelka Faashada

Cast Care

A cast keeps an injured bone from moving so there is less pain and the bone heals better.

When a cast is put on, a sock-like material is put over your injured leg or arm. Then a soft cotton material is wrapped to cushion your skin. Wet fiberglass or plaster cast material is then put on. It will begin to feel warm as it is put on. The material will harden and set in 5 to 10 minutes, but it can take a day or 2 for the cast to fully dry.

The staff will tell you when and how you can walk on your leg or use the arm with the cast.

Faashada kabida waxay ka illaalisaa lafta dhaawacan dhaqaaqa, marka waxaa jiro xanuun yar iyo laftuna si wanaagsan ayay u bogsanaysaa.

Markii faasho la saaro, soksaan sida dhar ah ayaa la saaraa dusha lugtaada dhaawacan. Kadib dhar suuf jilicsan ayaa lagu duubaa baskinta maqaarkaaga. Maro adag oo qoyan ama dharka faashada salaxan ayaa kadib la saaraa. Waxay bilaabeysaa inaad dareentid diiranaan marka la saaro. Agab waxay adkeenayaan waxayna ku xirnaanayaan 5 illaa 10 daqiiqo, laakiin waxay qaadan kartaa maalin ama 2 maalmood si faashadu guud ahaan u qalasho.

Shaqaalaha ayaa kuu sheegayo goorta iyo sida aad ugu socon kartid lugahaaga ama aad ku isticmaali kartid gacanta faashada ku xiran.

General care

- Do not pull out the padding inside your cast.
- Do not break off rough edges or trim without checking with your doctor first.
- Check your skin each day for redness or raw areas. If you have either, call your doctor.
- Check your cast each day for cracked or soft spots. If you have either, call your doctor.

Daryeelka guud

- Ha jiidin marada ka hooseyso faashadaada.
- Ha u jeexin geeso aan toosneyn ama jarin adiga oo aan la eegin dhaqtarkaaga marka koowaad.
- Ka fiiri maqaarkaaga maalin walba gaduudasho ama aagaga ceyriin ah. Haddii aad qabtid midkood, soo wac dhaqtarkaaga.
- Fiiri faashadaada maalin walba wixii dilaac ah ama meelo jilicsan. Haddii aad qabtid midkood, soo wac dhaqtarkaaga.

Bathing

- Avoid getting your cast wet. The cotton under the cast is very hard to get dry. If it gets wet, it can cause skin problems.
- When you bathe, keep the cast out of the water. Put a plastic bag over your cast to keep it dry. Seal the open end of the bag around your arm or leg with tape to keep it as dry as possible.
- If your cast gets wet, use a hair dryer on low or cool setting to dry your cast. Do not hold the dryer in one spot too long or it might burn your skin. It may take up to 2 hours to dry.

Movement or Activity

- Do not rest your cast against hard surfaces for longer than 30 minutes. The pressure on your skin under the cast could cause your skin to breakdown.
- Raise your injured leg or arm above the height of your heart as much as possible. This will help to ease swelling and pain in the first few days.
- Exercise your toes or fingers. This helps with circulation, healing and helps to limit swelling.

Qubeyska

- Ka fogow inaad qoysid faashadaada. Suufka ka hooseeyo faashada aad ayay u adagtahay inay qalasho. Haddii ay qocdo, waxay sababi kartaa dhibaatooyinka maqaarka.
- Markaad qubeysaneysid, ka ilaali faashada biyo. Geli bacda dhinaca faashadaada si aad qalalnaan ugu haysid. Xir furnaanta bacda ee agagaarka dhudhunka ama lugta ee koolada si aad ugu haystid qalalnaan ee suurtoogalka ah.
- Haddii faashadaada qoydo, isticmaal timo qalajiye heer hoose ah ama qabooji si aad uu qalajisid faashadaada. Haka qaban qalajiyaha hal dhinac oo dheer ama waxay gubi kartaa maqaarkaaga. Waxay qaadan kartaa illaa 2 saacadood in lagu qalajiyo.

Dhaqdhaqaaqa ama Howsha

- Ha dul saarin faashadaada saqxada adag wax ka badan 30 daqiiqo. Cadaadiska maqaarkaaga ee ka hooseeyo faashada wuxuu sababi karaa jabitaanka maqaarka.
- Kor u qaad lugtaada dhaawacan ama dhudhunkaaga dhaawacan meel ka sareyso wadnahaaga sida badan ee suurtoogalka ah. Tani waxay kugu caawineysaa inaad yareysid bararka iyo xanuunka ee maalmaha ugu horeeyay ee hore.
- Jimicsiga suulashaada ama faraha. Tani waxay caawisaa qeybinta, bogsashada oo ku caawisaa xadeynta bararka.

Skin Care

- Do not scratch under the cast with any sharp object. This may cause skin damage.
- Keep dirt, sand or powder away from the inside of the cast.
- Use a large sock or mitten as a toe or hand warmer.
- Use a nail file to smooth any rough edges on your cast.
- Use a fan or hair dryer each day, set on cool, to keep your cast dry and help relieve itching.

Call Your Doctor

Contact your doctor right away if you have:

- Numbness, more pain, tingling, more swelling, temperature or color changes in the injured arm or leg that does not improve with position changes or raising the arm or leg above the level of your heart
- Burning or stinging under the cast
- An odor or drainage coming under or through the cast
- Cast is too tight, too loose, cracked or broken

Daryeelka Maqaarka

- Haku xuqin faashada hoosteeda shey walboo af leh. Tani waxay sababi kartaa dhaawaca maqaarka.
- Ka fogeey carada wasaqda ah, ama bowdharka gudaha faashada.
- U isticmaal soksaan weyn ama gacan gashiga sida kululeeyaha suulka ama gacanta.
- Isticmaal xareynta musmaar si aad sahlisid geesaha xun.
- Isticmaal marwaxad ama timo qalajiye maalin walba, fariiso meel qabow, si aad ugu haysid faashadaada qalalnaan oo kaa caawiso ka qaadida cuncunka.

Soo wac dhaqtarkaga

La xariir dhakhtarkaaga isla markaas haddii aad qabto:

- Kabuubyo, xanuun saa'id ah, jiririco, dhidid, heerkul badan ama haddii midabka gacanta dhaawaca ah uu isbedelo ama haddii lugta aysan soo roonaan marka aad bedesho booska ama gacanta ama lugta haddii ay ka sara maraan heerka wadnaha
- Gubasho ama mudmud haddii aad ka dareento gacanta faashada hoosteeda
- Ur ama dhecaan kasoo baxaysa ama ka imaanaya faashada hoosteeda
- Haddii faashadu kugu dhegan tahay, aad u jilicsan tahaya, fuqday ama haddii ay kaa furato