

Qalabka wadnaha

Pacemaker

A pacemaker is a small device that helps control your heart rate by:

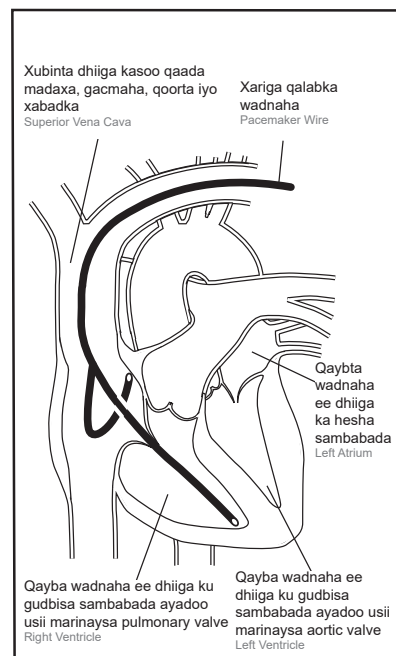
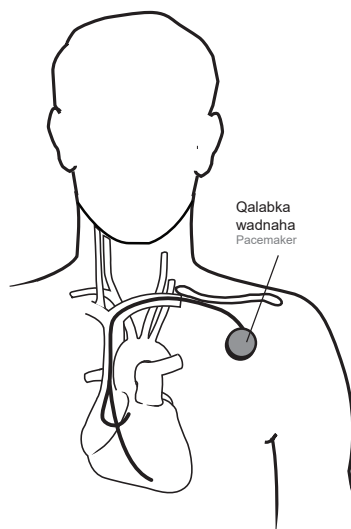
- Speeding up the heart rate when it is too slow
- Slowing down the heart rate when it is too fast
- Helping the rhythm of the heart beat regularly – this is if you have a pacemaker combined with a defibrillator, also called an ICD

A pacemaker is placed in the chest during surgery. Wires called leads are put into the heart muscle. The device with the battery is placed under your skin, below your shoulder. When it is time for you to go home after surgery, an adult family member or friend needs to take you home. It is not safe for you to drive or leave alone. Have an adult

Qalabka wadnaha waa aalad yar oo wadnahaaga ka caawisa heerka garaaca asagoo:

- Kordhinaaya heerka garaaca marka wadno garaacu yaryahay
- Hoos u dhigaaya heerka garaaca marka wadno garaacu saa'id yahay
- Caawinta joogtada ad ee wadmaha - tani waa haddii aad haysato qalabka wadnaha oo wata qalabka xakameeya garaaca wadnaha, oo sidoo kale loo yaqaan ICD

Qalabka wadna waxaa la saaraa xabadka inta qaliinku socdo. Fiilooyinka loo yaqaan fillooyinka wadnaha ayaa la geliyaa murqaha wadnaha. Aalad leh batari ayaa la gelinayaa maqaarkaaga hoostiisa, meesha ka hooseysa garbaha. Marka la gaaro waqtiga aad guriga aadi lahayd kadib qaliinka, xubin kamid ah qoyska ama saaxiib waa inuu guriga ku geeyo. Amaan ma ahan inaad adigu gaari guriga u wadato ama aad kaligaa baxdo. Qof



stay with you at home for the first day after your surgery. Arrive on time for your appointment. The surgery will take 1 to 2 hours.

To Prepare

- Talk to your doctor if you take blood thinners or have diabetes. You may need to adjust or change your medicines for some time before the surgery.
- You may need to shower the evening before and the morning of your surgery with a special soap called CHG (4% chlorhexidine gluconate). It is sold in most pharmacies under the brand name of Hibiclens. Wash from your neck to your waist with this soap the night before your surgery and then again the morning of your surgery. Use 4 ounces (½ cup or 118 ml) of CHG soap each time you shower.
- Do not eat or drink anything, including water, after midnight before your surgery.
- Ask your doctor if you should take your medicines the morning of your surgery. If so, take with sips of water only.
- Do not smoke or use any tobacco products for at least 24 hours before your surgery.

qayn gaar ah guriga hakula joogo maalinta koowaad ee qaliinkaaga. Imoow xiliga saxda ah ee ballantaada. Baaritaanku wuxuu qaadanayaa 1 illaa 2 saac.

Si aad U diyaargarowdid

- Kala hadal dhaqtarkaaga haddii aad qaadato daawada dhiiga qafiifisa ama kuwa sonkoroowga. Waxaad u baahan kartaa inaad wax ka bedesho ama aadba gabi ahaanba bedesho daawooyinkaaga kahor qaliinka.
- Waxaad u baahan kartaa inaad qaadato qubeys galabka iyo subaxda ka horeysa qaliinkaaga adoo isticmaalaya saabuun khaas ah oo loo yaqaan CHG (4% chlorhexidine gluconate). Waxaa lagu gadaa inta badan farmashiyaasha ayadoo magaceeda ganacsigu yahay Hibiclens. Ku dhaq qoortaada illaa xabadkaaga saabuuntaan habeenka ka horeeya qaliinka hadana ku dhaq subaxda qaliinkaaga. Isticmaal 4 waqiyood (½ koob ama 118 ml) oo ah saabuunta CHG mar kasta oo aad sameyneyso qubeys.
- Ha cunin ama cabin waxba, ayna ku jiraan biyo, illaa saqda dhexe habaynka ka horeeya maalinta baaritaankaaga.
- Waydii dhakhtarkaaga haddii aad cuni karto daawo subaxa baaritaankaaga. Haddii ay saas tahay, ku cun kabooyin biyo ah.
- Ha cabin sigaar hana isticmaalin waxyaabaha tubaakada leh ugu yaraan 24 saac kahor qaliinkaaga.

During Surgery

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicines to make you sleepy are given through the IV.
- Your neck or chest is cleaned. Men may have their chest hair clipped.
- The skin is numbed.
- The wire leads are put into a vein and guided into your heart using an X-ray.
- The wire leads are placed in your heart muscle.
- The other end of each wire is connected to the pacemaker.
- The pacemaker is placed in a small space under your skin.
- The incisions are closed with stitches under the skin that will dissolve. You may have narrow pieces of tape across the incisions called steristrips. These hold the skin layer together during healing. These will loosen and fall off in about 10 days. If the tape is not used, special glue may be used to close the incisions.

After Surgery In the Hospital

- An ice pack may be put on the sites.
- Your blood pressure, heart rate and incisions will be checked often. Your dressing will stay in place for 48 hours after your surgery.

Inta lagu jiro Qaliinka

- Waxaad xiranaysaa dharka isbitaalka.
- Faleebbada IV (intravenous) ayaa la surayaa xididka gacantaada. Daawooyinka kugu riyaaada hurdada waxaa lagugu siinayaa tuubada gacanta ee IV.
- Waxaa la nadiifinayaa qoortaada ama xabadkaaga. Nimanka waxaa laga yabaa in laga jaro qaar kamid ah timaha xabadkooda.
- Maqaarka waa la kubuubeenayaa.
- Fillooyin ayaa la gelinayaa xididka ayadoo lagu hagaayo raajada wadnaaga.
- Fillooyinka wadnaha waxaa la gelinayaa murqaha wadnahaaga.
- Fiillo kasta afkeeda hore waxaa lagu xirayaa qalabka wadnaha.
- Qalabka wadnaha waxaa ka gelinayaa meel aad u yar oo ah maqaarka hoostiisa.
- Meeshaa lagaa qalay waxaa lagu xirayaa tolmo maqaarka hoostiisa ah oo hadhow sidaas ku baaba'aysa. Waxaa lagu xiri karaa tuubo balaaran oo lagu gudbaayo meesha lagaa qalay loona yaqaan tolmada badan. Waxay isku keenayaan maqaarka si uu usoo kabto. Kuwaas waxay jilcayaan jirkana waxay uga kasoo baxayaan 10 maalmood. Haddii aan tolmo la isticmaalin, waxaa la isticmaali karaa koolo khaas ah oo lagu dhejinaayo meesha la qalay.

Qaliinka Kadib inta Aad Joogto Isbitaalka

- Bac baraf ayaa lagu dhejin karaa meesha.
- Dhiig karkaaga, heerka wadno garaaca iyo meesha qalay ayaa la fiirin doonaa. Dharkaaga meesha ayay sii oo layaan 48 saacadood kadib qaliinkaaga.

- The head of your bed is raised. Do not lift your arm over your head on the same side where your pacemaker is placed.
- If you have discomfort, ask your nurse for pain medicine.
- You will have a chest x-ray to check your lungs and the pacemaker.
- Antibiotics are given in your IV to prevent infection.
- A nurse will explain how your pacemaker works, answer any questions and explain pacemaker checks.
- Ask your doctor when you can drive or go back to work.
- Waxaa kor loo qaadayaa madaxa sariirta. Gacantaada ha u qaadan korka madaxa gaar ahaan dhanka uu kaaga jiro qalabka wadnaha.
- Haddii aad dareemayso raaxo la'aan, waydii kalkaalisadaada daawada xanuun baabi'iyaha.
- Waxaa lagaa qaadi doonaa raajada xabadka si loo firiyo sambabadaada iyo qalabka wadnaha.
- Waxaa fiilada gacanta IV lagugu siin doonaa antibiyootikada si looga hortago caabuqa.
- Kalkaalisada waxay kuu sharaxi doontaa sida qalabka wadnuhu u shaqeeyo, waxayna ka jawaabi doontaa su'aalo kasta ayadoo sharaxaysa baaritaanka qalabka wadnaha.
- Waydii dhaqtarkaaga marka aad gaari kaxayn karto iyo marka aad shaqada ku noqonayso.

Your Care At Home

You will not be able to feel your pacemaker working. You will be able to see and feel the outline of the pacemaker through your skin.

Incision care

- Wash your hands well before and after touching your dressing or the incision.
- Remove the outer dressing 48 hours after your surgery. Do not remove the narrow pieces of tape across the incision. These tapes will loosen and come off on their own in 5 to 10 days.
- Do not rub the pacemaker site.
- Do not use lotion or powder on the incisions.

Daryeelkaaga inta aad Joogtid Guriga

Ma dareemi doontid shaqada qalabka wadnahaaga. Waxaad arki kartaa ama dareemi kartaa dulucda qalabka wadnaha ee maqaarkaaga.

Daryeelka meesha lagaa qalay

- Dhaq gacmahaaga kahor iyo kadib marka aad taabato dharka ama meesha lagaa qalay.
- Saar dharka kore 48 saacadood kadib qaliinkaaga. Ha saarin tolmada hoose ee ku gudban meesha lagaa qalay. Tolmadaas waxay jilcayaan waxay soo fuqayaan 5 illaa 10 maalmood.
- Ha xoqxoqin meesha qalabka wadnaha kujiro.
- Meesha lagaa qalay ha u isticmaalin kareem ama budo.

Bathing

- Do not take a tub bath or shower for the first 5 days after surgery. The incisions must stay clean and dry. You may take a sponge bath, but do not get the incisions wet.
- You may shower or bathe on the 6th day but let the water gently run over the incision. Do not let the shower water directly hit the incision, and do not soak the incision under water in the bath. Gently pat the incisions dry with a clean towel.
- Avoid soaking the incision under water in a bath tub, hot tub or swimming pool until the site is healed, often about 14 days after surgery.

Activity Limits

- Your doctor may tell you to limit certain activities for 7 to 14 days to allow your pacemaker site to heal.
- Use your arms but do not lift the arm on the side of the pacemaker above shoulder level. You can raise your arm to wash or comb your hair but avoid raising your elbow above your shoulder on your pacemaker side.
- Do not to push, pull or lift anything heavier than 10 pounds or 4 kilograms. A gallon of milk weighs about 8 pounds.
- Avoid vigorous exercise, contact sports and activities such as vacuuming, shoveling or washing windows.

Schedule an appointment with your doctor for follow-up care.

Qubeyska

- Ha sameyn qubeyska tuubada ama mayrasho 5 maalmood ee ka danbeysa qaliinka. Meesha lagaa qalay waa inay ahaato nadiif iyo qalayl. Waxaad sameyn kartaa qubeyska suufka la isku tirtiro, laakiin ha qoyn meesha qaliinka.
- Waad qubeysan kartaa waadna mayran kartaa maalinta 6aad laakiin biyaha si aayar ah u dulmaraan meesha qaliinka. Ha u ogalaan biyaha qubeyska inay si toos ah ugu dhacaan meesha lagaa qalay, hana marin saabuun meesha qaliinka intaad biyaha qubeyska ku dhexjirto. Si tartiib ah meesha lagaa qalay ku qalaji adoo isticmaalaya shukumaan.
- Iska ilaali meesha qaliinka inaad ku qoyso tuubada qubeyska, tuubada kulul ama dabaalasho ilaa meeshu ka buskooneyso, oo badanaa qaadata 14 maalmood kadib qaliinka.

Xadidaada Hawlaha

- Dhaqtarkaagu waxa uu kuu sheegi karaa inaad xadido qaar kamid ah hawlaha muddo 7 illaa 14 maalmood ah si aad ugu ogolaato qalabka wadnaha inuu meesha buskeeyo.
- Istickmaal gacmahaaga laakiin gacanta qaybta uu kujiro qalabka wadnaha ha u qaadin korka garabka. Kor waad u qaadi kartaa gacantaada si aad u dhaqdo waadna shanlayn kartaa timahaaga laakiin iska ilaali inaad suxulkaaga garabka korkiisa geyso gaar ahaan qaybta qalabka wadnuhu kujiro.
- Waxba ha riixin, hana soo riixin ama ha qaadin wax ka culus 10 buun ama 4 kiilo. Galaas caano ah culuyskiisu waa 8 rodol.
- Iska ilaali jimicsiga saa'idka ah, la ciyaarista dadka iyo nashaadaadka kale sida dhaqidda rogaaga guriga, nadiifinta deyrka ama dhaqida daaqaadaha.

Ballan ka qabso dhaqtarkaaga si loo sameeyo daryeel joogto ah.

Other Information

- Tell all your health care providers, including your dentist, that you have a pacemaker.
- Carry the ID card your doctor gave you. This card has information about your pacemaker.
- Stay away from large magnets and tools that may generate strong electrical fields, such as car ignition systems and electric arc welders because they may interfere with your pacemaker.
- Keep items that contain magnets at least 6 inches away from your pacemaker. This includes cell phones, MP3 players, magnetic therapy products, stereo speakers and hand held massagers.
 - Do not place cell phones or MP3 players in shirt pockets over the pacemaker.
 - Use cell phones on the opposite ear of where your pacemaker is placed. If you strap an MP3 player to your arm, use the arm opposite the pacemaker.
- It is safe to use household appliances like microwave ovens, computers, toasters, hair dryers and heating pads.
- You can safely pass through security at airports. Be sure to have your pacemaker ID card with you.

Macluumaad kale

- U sheeg dhammaan daryeel bixiyaashaada caafimaadka, oo uu kujiro kan ilkaha, inuu kugu xiran yahay qalabka wadnaha.
- Qaado kaarka aqoonsiga ee uu ku siiyay dhaqtarkaagu. Kaarkan waxaa ku qoran macluumaadka qalabka wadnaha.
- Ka fogoow birlaabta wayn iyo qalabyada soo saari kara koronto saa'id ah, sida nidaamka hoose ee gaariga iyo biraha leh korontada sababtoo ah waxay wax u geysan karaan qalabkaaga wadnaha.
- Ka fogoow qalabyada leh birlaabta ugu yaraan 6 inji si aad u ilaaliso qalabkaaga wadnaha. Kani waxaa kujira taleefanka gacanta, sameecadaha MP3, qalabka daaweynta ee leh birlaabta, qalabka codka iyo qalabka gacanta ee jirka lagu duugo.
 - Taleefanka iyo sameecada MP3 ha gelin jeebka shaatigaaga gaar ahaan kan ka koreeya qalabka wadnaha.
 - Taleefanka saaro dhegta kale qaybta qalabka wadnaha ku jiro mahee qaybta kale. Haddii aad ku qabato sameecada MP3 gacantaada, isticmaal gacanta qaybta uusan qalabka wadnaha kujirin.
- Waa caadi waadna isticmaali kartaa qalabka guryaha sida foornada mikroweefka, kumbuyuutarada, qalabka rootiga, qalabka lagu qalajiyo timaha iyo kuleeliyaha.
- Si badqab leh ayaad ku mari kartaa laamaha ammaanka ee garoonka diyaaradaha. Hubi inaad soo qaadatay kaarka aqoonsiga qalabka wadnaha.

Call your doctor right away if you have:

- A temperature over 100.5 degrees F or 38 degrees C
- Redness, swelling or drainage around your incisions
- Tenderness around your pacemaker that gets worse
- An incision that opens up
- Swelling or color change to the skin of your arm or hand on the pacemaker side
- Thumping or jumping feeling in your chest or abdomen

Call 911 right away if:

- You feel faint or are too dizzy to stand.
- You have chest pain.
- You have trouble breathing.

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

Soo wac dhakhtarkaaga isla markaas haddii aad:

- Qabto heerkul ka badan 100.5 digrii F ama 38 digrii C
- Qabto nabaro cascas, dhidid ama dheecaan ka imaanaya meesha lagaa qalay
- Dareento qalabka wadnaha oo sii xumaanaya
- Aragto meesha lagaa qalay oo furmay
- Dareento dhidid ama midabka oo isbedelay gaar ahaan maqaarka gacantaada ama gacanta dhanka qalabka wadnaha lagaa geliyay
- Dareento tuujin ama dareen bood-bood ah oo aadna ka dareento xabadkaaga ama caloosha

Soo wac 911 isla markaas haddii:

- Aad dareento miyir beelid ama wareer marka aad istaagto.
- Isku aragto xanuunka xabadka ah.
- Neeftu kugu adkaato.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aal ah ama walaacyo ah.