

Incision Care: No Dressing

Your incision is to be left uncovered and open to the air.

Your Care

- Check your incision for signs of infection:
 - Warmth
 - Swelling
 - Redness
 - Change or increase in drainage
- If you are allowed to shower, let the water run over your incision. Do not let the spray directly hit the incision. Pat your incision dry.
- Do not soak your incision in water. This includes bathtubs, swimming pools and hot tubs.
- If you have staples or sutures on your incision, they will be removed at your doctor's office.
- If you have tapes called steri strips on your incision, they will fall off on their own. **Do not** pull them off. You may trim the edges as they curl.

Call your doctor **right away** if you have:

- Any signs of infection such as warmth, swelling, redness or change or increase in drainage
- Opening up of the incision
- Increased bleeding or pain
- Loss of appetite, nausea or vomiting

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

Daryeelka Meesha la Qalay: Lama Dhayo

Meesha lagaa qalay waa in loo daayaa iyadoo aan waxba lagu daboolin oo hawada u furan.

Daryeelkaaga

- Meesha lagaa qalay ka fiiri iney malaxaysi leedahay:
 - Diirran tahay
 - Bararsan tahay
 - Guduudan tahay
 - Isbeddelka ama korodhka dheecaan soo deynta
- Haddii lagu oggolaado in aad maydhato, biyuhu ha ku dul socdeen meesha lagaa qalay. Biyaha sida roobka oo kale u soo baxaya ha u oggolaan iney si toos ah ugu dhacaan meesha qalan. Meesha lagaa qalay engeji.
- Meesha lagaa qalay biyo ha ku qoynin. Tan waxaa ka mid ah tubbada lagu qubeysto, barkadda lagu dabbaasho iyo tubbada biyaha kulul.
- Haddii meesha lagaa qalay lagaa tolay, waxaa lagaaga saari doonaa xafiiska takhtarkaaga.
- Haddii sharootooyinka loo yaqaanno steri strips ay meesha lagaa qalay ku dheggen yihiin, iyagaa iska dhici doona ee sidooda u daa. **Ha iska fujin.** Waxaa laga yaabaa in aad fiiqdo geesaha maadaama ay duuduubmayaan.

Isla markiiba takhtarkaaga wac haddii:

- Aad isku aragto wax calaamado malaxaysi ah sida diirranaan, barar, guduudasho ama isbeddel ama korodh ku yimid dheecaan soo deynta
- Isku aragto meesha lagaa qalay ay kala furmeysa
- Dhiig bax sii batay ama xanuun
- Cunto rabitaanka oo luma, lalabbo ama batagid

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

Incision Care. Somali.

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