

# Dib u hagaajinta Orkiobeksi ama Xiniinyo Soo dhicin

## Daryeelka Ka dib Qalliinka

Dib u hagaajinta orkiobeksi (orchiopexy) waa qalliin loo isticmaalo si xiniinyaha ilmahaaga loogu qaado oo loo geliyo qooraha ama kiishka xiniinyaha marka ilmahaagu leeyahay xiniinyo aanan soo dhicin. Si aad macluumaad dheeraad ah u hesho, akhriso buugyaraha lagu magacaabo "Undescended Testicles" (Xiniinyaha Aanan soo dhicin). [seattlechildrens.org/pdf/PE984.pdf](http://seattlechildrens.org/pdf/PE984.pdf)

### Halkee ayaan anigu ka daawan karaa fiidiyowada macnaynaya sida aan u daryeelayo ilmahaaga qalliinka ka dib?

Waxaan annagu samaynay fiidiyowyo macnaynaya sida aad u daryeelayso ilmahaaga qalliinka ka dib? Waxaad cinwaannadan ama magaacdan fiidiyow ka raadin kartaa barta YouTube. Waxaad u baahan kartaa in aad macluumaadkaaga isticmaalaha ku gasho sababtoo ah xadaymaha da'da.

- "How to Care for Your Child After Hernia and Testicular Surgery" (Sida aad u Daryeelayso Ilmahaaga Ka dib Qalliinka Sheelada iyo Xiniinyaha) [youtube.com/watch?v=kKgviGyTLE](https://www.youtube.com/watch?v=kKgviGyTLE)
- "How to Care for Your Child After Penile Surgery" (Sida aad u Daryeelayso Ilmahaaga Ka dib Qalliinka Guska) [youtube.com/watch?v=ppZeEKY848M](https://www.youtube.com/watch?v=ppZeEKY848M)



### Goormee ayuu ilmahaagu wax cuni karaa?



- Waxaan ku bilaabi doonnaa cunto fudud.
- Marka uu ilmahaagu si buuxda u soo tooso, waxaa la siin karaa dareereyaal ama cabbitaanno saafi ah sida 7UP, macmacaanka Jell-O, Ayskiriimyada qori leh iyo casiirka tufaaxa.
- Lallabada iyo matagidda ayaa caadi ah qalliinka ka dib. Haddii ay tani dhacdo, ilmahaaga mar kastaba sii qiyaas yar ee cabbitaanno saafi ah.
- Haddii ilmahaagu uusan caloosha ka bukin (lallaboonaya) ama matagayn oo soo jeedku u buuxo, u bilow cuntada caadiga u ah.

### Sideen u daryeela barta qalliinka lagu sameeyey?



- Waxaan isticmaalnaa koolo harag (Dermabond) oo aan ku daboolno sarmada. Waxay tani caadi ahaan iskeed u dhici doontaa 10 ilaa 14 maalmood ka dib.
  - Waxaad filan kartaa in aad casaan iyo boog khafiif ah ku aragto koolada haragga hoosteed.
- Waxaan isticmaali doonnaa qodbo yar yar si aan ugu tolno haragga. Qodbahani waxay burburi doonaan bisha xigta oo looma baahna in laga saaro. Lama filan karo in aad qodbo ku aragto haragga dushiisa - laakiin waxaad arki kartaa 1 ama 2 qodob oo burburi doona bisha xigta.
- Qooraha ama kiishka ayaa yeelan kara boog iyo barar leeg ilaa laba laab qiyaasta caadiga ah ka dib qalliinka. Waxay qaadan kartaa dhowr toddobaad ilaa bilood si uu ugu soo noqdo qiyaasta caadiga ah. Haddii boogta ama bararku ay yaraan waayaan, fadlan ilmahaaga u soo celi ballan aad uga dhigto kiliniigga.

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### Si aad War dheeraad ah u Hesho

- Waaxda kaadi mareenka 206-987-2509
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- [seattlechildrens.org](http://seattlechildrens.org)

### Adeegyo Afceliye Bilaash ah

- Isbitaalka gudihiisa, weydii kalkaaliyahaaga.
- Isbitaalka dibaddiisa, soo wac Khadka Afcelinta Goyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.



### Ilmahaygu miyuu jiif ku qubaysan karaa, sarajoog ku qubaysan karaa, dabbaalan karaa ama is qoyn karaa?



- Dhib ma leh in aad ilmahaaga ugu mayrto ama ugu dhaqdo buush ka dib qalliinka. Iska ilaali qubaysiyada sarajoogga iyo jiifka muddo 48 saacadood ah (2 maalmood) ka dib qalliinka.
- Dhib ma leh in sarajoog ama jiif lagu qubaysto ka dib 2 maalmood, laakiin biyaha ha isku radin oo ha ku dhex jirin muddo ka badan 10 daqiiqo.
- Dhib ma leh in xaarka laga mayro xataa haddii ay ka yar tahay xadka 2 maalmood ee qubaysiga u yaalla.
- Laguma dabbaalan karo biyo ballaaran muddo 2 toddobaad ah (barkadaha, webiyada, haraha ama badweynada).

### Firfircooni ama waxqabad intee leeg ayuu ilmahaygu samayn karaa?

Ilmahaaga si adag u ilaali maalinta qalliinka. Eeg qaybaha hoose ee ku salaysan da'da ilmahaaga

### Haddii ilmahaagu uu ka yar yahay 2 jir:



- Carruurta yar yar ayaa yarayn doona guurguurashadooda, lugayntooda iyo waxqabadyadooda gaarka ah.
- Iska ilaali in aad ilmahaaga la samayso waxqabadyada kala ridashada lugaha ee cadaadiska ku kordhinaya barta u dhexeysa lugaha muddo 2 toddobaad ah.
- Ha samaynin:
  - In aad ilmahaaga saarto misigtaada
  - In aad ilmahaaga ku boodboodsiiso jilibkaaga
  - In aad isticmaasho qalabka xambaarista dhallaanka
  - In aad isticmaasho shayada lagu ciyaaro ee lagu boodboodo ee xanjeer leh
- Waa nabad suumanka ama xarkaha kuraasta gaariga ee carruurta iyo gaariga lagu riixo carruurta. U isticmaal sida ay u tilmaantay shirkadda samaysay.

### Haddii ilmahaagu uu yahay 2 jir ama ka weyn yahay:



- Ka ilaali waxqabadyada dadaalka badan, ciyaarta la isku qabqabsado ama waxqabadyada ka kooban waxqabad lagu sameeyo kala ridashada lugaha. Waxaa xeer fiican ah in ilmahaagu uu labada cagood dhulka ku hayo muddo 2 toddobaad ah.
- Ilmahaaga ha u oggolaanin in uu sameeyo waxyaabaha soo socda muddo 2 toddobaad ah ka dib qalliinka:
  - Jimicsi kaymeed/fuulis
  - Xarun jimicsi ama fasal cashar jimicsi (PE)
  - Baaskiil labo shaag leh/saddex shaag leh
  - Ciyaaraha isboortiga dugsiga ka dib

### Goormee ayuu ilmahaygu dugsiga ku noqon karaa?

Waxuu ilmahaagu dugsiga ku noqon karaa ka dib marka aanan loo baahnayn in la siiyo daawooyinka xanuunka ee daroogada ama daawooyinka xanuunka ee dukaanka toos looga soo iibsado ee marar badan maalintii la qaato.

### Miyuu ilmahaagu xanuun yeelan doonaa?

- Qalliinka ka dib, waxaa la filan karaa in uu ilmahaagu xanuun ka dareemo gumaarka iyo qooraha ama kiishka. Waxaa la filayaa in ilmahaagu uu ka roonaado maalinta ku xigta.
- Waxaan annagu idinla shaqaynaa adiga iyo ilmahaaga si aan inta suurogalka ah u wada tirno xanuunka. Adiga ayaa sida ugu fiican u garanaya ilmahaaga. Waxaan annagu kugu dhiirrigelinaynaa in aad qayb firfircoon ku yeelato bogsashada ilmahaaga. Heer kastoo uu gaarsiisan yahay xanuunka ilmahaagu qabo, rumayso xanuunkiisa oo islamarkaaba ka jawaab celi.

### Sideen anigu u maamulaa xanuunka ilmahaaga?



- Xanuun xakamaynta waxtarka leh ayaa ilmahaaga ka caawin doonta in uu dareenkiisu roonaado oo uu si ka dhakhso badan u bogsado. Ku bilow in aad ilmahaaga siiso daawada acetaminophen (Tylenol) adigoo 3dii saacadoodba mar ugu beddelaya daawada ibuprofen (Advil ama Motrin) muddada 2da maalmood ee ugu horreeya ka dib qalliinka markaana waxaad taas isticmaali doontaa haddii loo baahdo. Bixiyaha daryeelka caafimaadka marka hore ka warayso ka hor inta aadan wax daawo ah ilmahaaga siinin.
- Haddii bixiyaha daryeelka caafimaadka ee ilmahaagu uu xanuunka ugu qoray daawo daroogo (opioid), tan isticmaal haddii daawada acetaminophen ama ibuprofen ay ka caawin weydo oo ay ka yarayn weydo xanuunka.
- Waxaa laga yaabaa in aanay nabad ahayn oo ay halis leedahay in la wada qaato oo la is raaciyo daawada Tylenol iyo daawada xanuunka ee riijeeto ama takhtar qoray. Weydii bixiyahaaga daryeelka caafimaadka ama farmashiidaada.
- Ka sokow daawada xanuunka loogu talagalay, waxaad weliba ilmahaaga ka caawin kartaa u adkaysiga adigoo ku jeediya muusiko, ciyaaro, buugaag, telefishinka ama fiidiyowyo.

### Sidee ayaa habboon in aan u tuuro daawooyinka xanuunka ee daroogada (opioid) ee soo hara?

- Si aad qoyskaaga nabadda ugu ilaaliso, daawooyinka ku hayso kabadh ama khaanad qufulan ama meel aanay dadka kale si fudud uga gaari karin. Marka uu ilmahaagu qalliinka ka bogsado, iska tuur dhammaan daawooyinka aadan isticmaalin.
- Waxaa khatar badan yeelan karta qaadashada, kaska ah ama shilka ah, ee daawooyinka xanuunka ama kuwa kale ee soo hara.
- Si aad u hesho macluumaad dheeraad ah oo ku saabsan sida nabadda ah ee la iskaga tuuro daawooyinka daroogada ee la isticmaali waayo, akhriso buugyarayaga lagu magacaabo “Safe Use and Disposal of Opioid Medicines” (Isticmaalka iyo Tuurista Nabadda ah ee Daawooyinka Daroogada) ([seattlechildrens.org/pdf/PE3140.pdf](https://seattlechildrens.org/pdf/PE3140.pdf)) ama booqo [takebackyourmeds.org](https://takebackyourmeds.org) si aad u hesho meesha dib loogu celiyo ee kuu dhow.

### Goormee ayay habboon tahay in aan takhtar waco?



Isniinta ilaa Jimcaha, Kiliniigga Kaadi mareenka (Urology Clinic) ka wac lambarka **206-987-2509** si aad u weydiiso su'aalaha ama mid ka mid ah walaacyada halkan hoose ku taxan. Farriimaha bogga MyChart (Khariidaddayda) u soo dir su'aalaha aanan dhakhso ama degdeg ahayn.

Habeenki, maalmaha wiikeendiga iyo maalmaha fasaxa, wac lambarka **206-987-2000** oo xiriiriyaha isbitaalka weydiiso takhtarka degganaha ah (resident) ee kaadi mareenka ee heegan ama goobjoog ah si aad u weydiiso walaacyada dhakhsada ah ee ku jira liiska soo socda:

- Xummadda ama qandhada ka sarraysa 101.5° F (38.6° C)
- Casaanka, bararka ama dareeraha (dheecaanka) lagu arko barta qalliinka
- Bararka dhakhsada ah ama dhiigbaxa lagu arko barta qalliinka
- Xanuunka ay celin weydo daawada loo qoray
- Kaadin karayn muddo 8 saacadood ah ka dib qalliinka
- Matagid 4 jeer ama in ka badan muddo 12 saacadood ah

# Orchiopexy Repair

## Care After Surgery

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Orchiopexy repair is a surgery to move your child's testicle(s) into the scrotum when your child has an undescended testicle. For more information, read our handout "Undescended Testicles". [seattlechildrens.org/pdf/PE984.pdf](https://seattlechildrens.org/pdf/PE984.pdf)

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### Where can I watch videos that explain how to care for my child after surgery?

We created videos to explain how to care for your child after surgery. You can search for these titles on YouTube. You may need to login due to age restrictions.

- "How to Care for Your Child After Hernia and Testicular Surgery" [youtube.com/watch?v=kKgvtiGyTLE](https://youtube.com/watch?v=kKgvtiGyTLE)
- "How to Care for Your Child After Penile Surgery" [youtube.com/watch?v=ppZeEKY848M](https://youtube.com/watch?v=ppZeEKY848M)



### When may my child eat?



- We will start with a light diet.
  - When your child is fully awake, they may have clear liquids like 7UP, Jell-O, Popsicles and apple juice.
  - Nausea and throwing up (vomiting) are common after surgery. If this happens, give your child a small amount of clear liquids at a time.
  - If your child is not sick to their stomach (nauseous) or throwing up (vomiting) and is fully awake, start their regular diet.
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### How do I care for the surgery site?



- We use skin glue (Dermabond) to cover the incision. This will usually peel off on its own in 10 to 14 days.
    - You can expect mild redness and bruising under the skin glue.
  - We will use small stitches to close the skin. These stitches will dissolve over the next month and do not need to be removed. You likely won't see any stitches on the outside of the skin - but you may see 1 or 2 stitches that will dissolve over the next month.
  - The scrotum may be bruised and swollen up to twice the normal size after surgery. It may take several weeks or months for them to return to their normal size. If the bruising or swelling does not go down, please bring your child back to a clinic appointment.
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#### To Learn More

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](https://seattlechildrens.org)

#### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### Can my child take a bath, shower, swim or get wet?



- It is ok to sponge bathe your child after surgery. Avoid showers and baths for 48 hours (2 days) after surgery.
- It is ok for showers or baths after 2 days, but do not soak for longer than 10 minutes.
- It is ok to rinse off poop even if it is before the 2-day bath cutoff.
- No swimming in large bodies of water for 2 weeks (pools, rivers, lakes or oceans).

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### How much activity can my child do?

Watch your child closely on the day of the surgery. See the sections below based on your child's age.

#### If your child is younger than 2 years of age:



- Younger children will limit their own crawling, walking and activities.
- Avoid any straddle activities with your child that would increase pressure between the legs for 2 weeks.
- Do not:
  - Hold your child on your hip
  - Bounce your child on your knee
  - Use baby-wearing devices
  - Use bouncer toys that have a harness
- Car seats and stroller straps are safe. Use as instructed by the manufacturer.

#### If your child is 2 years of age or older:



- Avoid strenuous activities, rough-housing or activities that involve straddle-activity. A good rule of thumb is to keep both of your child's feet on the ground for 2 weeks.
- Do not let your child do the following for 2 weeks after surgery:
  - Jungle-gyms/climbing
  - Gym or physical education (PE) class
  - Bicycle/tricycles
  - After-school sports

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### When can my child return to school?

Your child may return to school when no longer requiring opioid pain medications or frequent daytime over-the-counter pain medications.

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### Will my child have pain?

- After, surgery your child will likely feel pain in the groin and scrotum. Your child should feel better the next day.
- We partner with you and your child to relieve pain as completely as possible. You know your child best. We encourage you to take an active part in your child's recovery. No matter the level of your child's pain, believe they are hurting and respond right away.

### How do I manage my child's pain?



- Effective pain control will help your child feel better and heal faster. Start by giving your child acetaminophen (Tylenol) alternating every 3 hours with ibuprofen (Advil or Motrin) for the first 2 days after surgery and then you will use it as needed. Check with the healthcare provider first before giving any type of medicine to your child.
- If your child's healthcare provider prescribed an opioid medicine for pain, use this if the acetaminophen or ibuprofen does not help relieve pain.
- Tylenol and prescription pain medicine may not be safe to use at the same time. Check with your healthcare provider or pharmacy.
- In addition to medicine for pain, you can also help your child cope by distracting them with music, games, books, TV or videos.

### How should I dispose of leftover opioid pain medication?

- To keep your family safe, store medicines inside a locked cabinet or location where others cannot easily get to them. Once your child has recovered from surgery, dispose of all unused medicines.
- Taking leftover pain or other medicines, on purpose or by accident, can be very dangerous.
- For more information about safe disposal of unused opioid medications, read our handout "Safe Use and Disposal of Opioid Medicines" ([seattlechildrens.org/pdf/PE3140.pdf](https://seattlechildrens.org/pdf/PE3140.pdf)) or visit [takebackyourmeds.org](https://takebackyourmeds.org) to find a take back place near you."

### When should I call a doctor?



Monday to Friday, call the Urology Clinic at **206-987-2509** for questions of any of the concerns listed below. Send MyChart messages for non-urgent questions.

Nights, weekends and holidays, call **206-987-2000** and ask the hospital operator for the urology resident on call for urgent concerns from the following list:

- Fever higher than 101.5° F (38.6° C)
- Redness, swelling or fluid (discharge) from the surgery site
- Rapid swelling or bleeding at the site of surgery
- Pain not controlled by the medicine prescribed
- Cannot pee for a span of 8 hours after surgery
- Throwing up (vomiting) 4 or more times in 12 hours