

Qalliinka Guska

Daryeelka Ka dib Qalliinka

Tallaabooyinka aad ilmahaaga ku daryeelayso ka dib qalliinkiisa ama hawshiisa caafimaadka

Waa maxay nooca qalliinka ee ilmahayga lagu sameeyey?

- Jarista haragga ku xiran madaxa guska (sarista cinjirrada qolofaha guska)
- Furista daloolka afka guska (meatotomy / meatoplasty)
- Jarista buuryada (gudniinka)
- Dib u hagaajinta guska aasan
- Saxista guska qallooca (saxista taagga guska)
- Saxista qallooca hoose ee guska (chordee)
- Jarista fiixda ama boog hoosaadka guska (sarista)
- Wax kale _____

Goormee ayuu ilmahaygu guriga tagi karaa?

Carruurta intooda ugu badan waxay guriga tagaan maalinta qalliinka la sameeyo. Haddii ilmahaagu qabo xaalado kaloo caafimaad, waxuu u baahan karaa in uu habeenka joogo.

Halkee ayaan anigu ka daawan karaa fiidiyowada macnaynaya sida aan u daryeelayo ilmahayga 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 Urologic Surgery” (Sida aad u Daryeelayso Ilmahaaga Ka dib Qalliinka Kaadi mareenka) [youtube.com/watch?v=epLQn5D62wk](https://www.youtube.com/watch?v=epLQn5D62wk)



- “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)



Sideen u daryeela barta qalliinka lagu sameeyey?



- Waa caadi in dhiig yar lagu arko barta qalliinka lagu sameeyey. Waxaad cadaadis yar saari kartaa goobta ilaa dhiiggu joogsanayo ilaa 5 daqiiqo.
- Waxaad filan kartaa in aad ku aragto dahaar huruud ama jaalle ah dusha guska. Tani waa caadi inta uu bogsanayo.
- Laga bilaabo maalinta qalliinka, barta qalliinka ee guska mari saliid qallaltire ah (Faasaliinta). Waxay taasi ilaalin doontaa guska inta uu bogsanayo.
- Mar kaste isticmaal qiyaas meeldhexaad ilaa ballaaran ee saliidda qallaltire ah.

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Si aad War dheeraad ah u Hesho

- Waaxda kaadi mareenka
206-987-2509
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyo Afceliye Bilaash ah

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

- Saliidda qallaltire ah ugu mari fartaada ama qoriga cutubka leh.
 - Carruurta loo xiro xafaayadda: tan u samee mar walboo aad xafaayadda ka beddesho muddada 2 toddobaad ah ee xigta
 - Carruurta aanan loo xirin xafaayadda: tan u samee 3-4 jeer maalintii muddada 2 toddobaad ah ee xigta

Goormee ayuu ilmahaygu qubaysi qaadan karaa uuna dabbaalan karaa?



Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.

- Ilmahaaga ayaad waqti gaaban dhex dhigi kartaa xamaamka ama qalabka qubaysiga jifka si aad u mayrto boogta haddii xaar uu taabto. Uma baahnid in aad ka saarto faashadda ama marada boogta ku xiran haddii ay tani dhacdo. Waxaa la filan karaa in marada ku duuban boogta ama faashaddu ay wasakh yeelato. Uma baahnid in aad faashadda ka saarto.
- Waxuu ilmahaagu qaadan karaa qubaysiga sarajoogga ama jifka ah waana la soo dabbaalan karaa haddii uusan takhtarkaaga qalliinku kuu diidin.
- Waxaa laga yaabaa in ilmahaagu uu qaato oo keliya qubaysiga buushka loo isticmaalo ilaa takhtarka qalliinku kuu sheegayo in qubaysiga sarajoogga iyo jifku ay hagaag yihiin.
- Ilmahaaga ayaa sarajoog ku qubaysan kara ama qaadan kara qubaysiga jifka ka dib 2 maalmood. Waxuu ilmahaagu dabbaalan karaa ka dib 2 toddobaad.

Sideen u daryeelaa faashadda?

Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.

Ilmahaaga waxaa ku xiran 1 ka mid ah 2da nooc ee faashad:

- Faashadda saafiga ah:** tani iskeed ayay u dhici doontaa waqti ka dib laga bilaabo 2 ilaa 14 maalmood ka dib qalliinka. Uma baahnid in aad tan ka saarto ama ka gooyso.
- Faashadda cad:** tan kaga saar ama kaga goo guriga 2 maalmood ka dib qalliinka. Haddii faashaddu hore u dhacdo, mid kale ha ku beddelin.

Sideen faashadda cad barta uga qaadaa?

- Ilmahaaga dhex fariisi biyaha diiran ee qubaysiga jifka ama sarajoogga qiyaas ahaan 10 daqiiqo. Waxay tani dabcin doontaa faashadda si ay u fududaato in la saaro ama la qaado. Haddii faashaddu ay dabci weydo, ilmahaaga dhex fariisi xamaamka ama qubaysiga jifka 10 ilaa 20 daqiiqo oo dheeraad ah.
- Haddii ay weli adag tahay in faashadda la qaado ama ay meesha ku dhegto, 1 koob oo saliid ah (galley, khudaar, seytuun ama saliidda dhallaanka) dul mari guska. Tan ku daa 20 daqiiqo si ay u qooyso ka dibna faashadda barta ka qaad.
- Haddii faashaddu aanay weli soo go'ayn, wac xafiiska waaxda kaadi mareenka (urology) si aad fikrado dheeraad ah uga hesho.

Firfircooni ama waxqabad intee leeg ayuu ilmahaygu samayn karaa?



Fikradaha raac adigoo calaamadda saxda halkan hoose u dhigaya ilmahaaga.

- Firfircoonida ama waxqabadka caadiga ah
- Iska ilaali in aad ilmahaaga la samayso waxqabadyada fuulista lugaha lagu kala rito ee cadaadiska ku kordhiya barta u dhexeysa lugaha muddo 2 toddobaad ah. Waxaa tan ka mid ah:
 - In aad ilmahaaga saarto misigtaada
 - In aad ilmahaaga ku boodboodsiiso jilibkaaga
 - Qalabka xambaarista dhallaanka
 - Shayada lagu ciyaaro ee lagu boodboodo ee xakame leh
 - Baaskiillada, saddex shaagleyaasha ama shayada lagu ciyaaro ee la fuulo
 - **Dhibaato ma leh in la isticmaalo kuraasta gawaarida iyo kuraasta sare u dheer.**

- ❑ Ka ilaali ciyaarta isqabqabsashada, meel fuulista, ciyaaraha sboortiga ee la isku taabto iyo fasalka jimicsiga muddo 2 toddobaad ah. Tilmaan ahaan ama xeer ahaan hubi in ilmahaagu uu marwalba labadiisa cagood ku hayo dhulka ilaa uu wada bogsanayo.
- ❑ Waxuu ilmahaagu xannaanada maalintii ama dugsiga ku noqon karaa ka dib marka aanan loogu baahnayn daawada xanuunka ee loo qoro ama daawooyinka xanuunka ee dukaanka toos looga soo iibsado ee marar badan maalintii la qaato. Hubi in dugsiga ilmahaagu uu oggol yahay in uu saliidda qallaltire ah mariyo guska ilmahaaga ama ilmahaaga ayaa u baahan doona awoodista tan keli ahaan.

Miyuu ilmahaagu xanuun yeelan doonaa?



- Qalliinka ka dib, waxaa laga yaabaa in uu ilmahaagu xanuun ka dareemo guska. Waxaan annagu idinla shaqaynaa adiga iyo ilmahaaga si aan inta suurogalka ah u wada tirno xanuunka. Heer kastoo uu gaarsiisan yahay xanuunka ilmahaagu qabo, rumayso xanuunkiisa oo islamarkaaba ka jawaab celi.
- Xanuun xakamaynta waxtarka leh ayaa ilmahaaga ka caawin doonta in uu dareenkiisu roonaado oo uu si ka dhakhso badan u bogsado. Daawada Acetaminophen (Tylenol), ibuprofen (Advil ama Motrin) ama labadoodaba ayaa ah daawooyinka caadi ahaan lagu daaweeyo xanuunka. Carruurta waaweyn waxaa la siin karaa daawada oxycodone. Bixiyahaaga daryeelka caafimaadka marka hore ka warayso ka hor inta aadan wax daawo ah ilmahaaga siinin.
- Xanuunka ayaa roonaan doona waqti ka dib, caadi ahaan ka dib maalinta ugu horraysa carruurta intooda ugu badan. Daawada ka sokow, waxaad weliba ilmahaaga ka caawin kartaa u adkaysiga adigoo isaga ku jeediya muusiko, ciyaaro, telefshinka ama fiidiyowyo.
- Si aad macluumaad dheeraad ah u hesho, akhriso buugyarayaga lagu magacaabo “Acute Pain” (Xanuunka Daran). seattlechildrens.org/pdf/PE503SO.pdf

Sideen iskaga tuuraa daawada aan isticmaali waayo?

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 loo qoray ee 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, buugyarayaga lagu magacaabo “Safe Use and Disposal of Opioid Medicines” (Isticmaalka iyo Tuurista Nabadda ah ee Daawooyinka Daroogada) ka akhriso halkan seattlechildrens.org/pdf/PE3140.pdf ama booqo takebackyourmeds.org si aad u hesho meesha dib loogu celiyo ee kuu dhow.

Goormee ayaan wacaa?



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 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:

- Xummad ama qandho ka badan 101.5° F (38.6° C)
- Casaan iyo barar kor ugu faafa dhanka caloosha
- Dhiigbaxa joogsan waaya ama is taagi waaya ka dib marka aad 5 daqiiqo ku hayso cadaadis
- Ilmahaaga ayaa qaba xanuun ay celin weydo daawada loo qoray
- Kaadin karayn muddo 8 saacadood ah ka dib qalliinka
- Matagaya

Isbitaalka Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaanada, xubnaha qoyska iyo wakiillada sharciyeed ee dhego la' ama dhego culus ama ku hadla luqad aanan af Ingiriisi ahayn. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyahaaga ayaa gooni kuu ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyahaaga daryeelka caafimaadka.

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Penile Surgery

Care After Surgery

Steps for caring for your child after their surgery or procedure

What type of surgery did my child have?

- Removal of skin connected to head of penis (lysis of penile adhesions)
- Opening of the urethra (meatotomy / meatoplasty)
- Removal of foreskin (circumcision)
- Buried penis repair
- Correction of bent penis (penile angulation)
- Correction of downward curve in penis (chordee)
- Penile cyst removal (excision)
- Other _____

When can my child go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

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 Urologic Surgery”
[youtube.com/watch?v=epLQn5D62wk](https://www.youtube.com/watch?v=epLQn5D62wk)



- “How to Care for Your Child After Penile Surgery”
[youtube.com/watch?v=ppZeEKY848M](https://www.youtube.com/watch?v=ppZeEKY848M)



How do I care for the surgery site?



- It is normal to see a small amount of bleeding at the surgical site. You can apply gentle pressure to the area until the bleeding stops for up to 5 minutes.
- You can expect a yellow film on the penis. This is normal as it heals.
- Starting the day of surgery, put petroleum jelly (Vaseline) over the surgical site on the penis. It will keep the penis protected while it heals.
- Use a moderate to large amount of petroleum jelly each time.
- Put the petroleum jelly on with your finger or a cotton swab.
 - For children in diapers: do this at every diaper change for the next 2 weeks
 - For children not in diapers: do this 3-4 times a day for the next 2 weeks

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To Learn More

- Urology
206-987-2509
- Ask your child’s healthcare provider
- 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.



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When can my child take a bath and swim?



Follow the tips with a check below for your child.

- You can briefly place your child in the bathtub to rinse off the wound if poop gets onto it. You do not need to remove the dressing if this happens. Staining on the bandage can be expected. There is no need to take the dressing off.
- Your child can take a shower or bath and go swimming unless your surgeon tells you not to.
- Your child may have a sponge-bath only until their surgeon tells you showers and baths are ok.
- Your child may shower or take a bath after 2 days. Your child may swim after 2 weeks.

How do I care for the dressing?

Follow the tips with a check below for your child.

Your child has 1 of 2 types of dressing:

- Clear dressing:** this will fall off on its own some time from 2 to 14 days after surgery. You do not need to remove this.
- White dressing:** remove this 2 days after surgery at home. If the dressing falls off early, do not replace it.

How do I remove the white dressing?

- Have your child sit in a warm bath or shower for about 10 minutes. This will loosen the dressing to make it easier to remove. If the bandage is not loosening, have your child sit in the bath for 10 to 20 more minutes.
- If the dressing is still not coming off easily or is stuck, put 1 cup of oil (corn, vegetable, olive or baby oil) on the penis. Allow this to soak in for 20 minutes and then remove the dressing.
- If the dressing is still not coming off, call the urology office for more tips.

How much activity can my child do?



Follow the tips with a check below for your child.

- Normal activity
- Avoid any straddle activities with your child that increase pressure between their legs for 2 weeks. This includes:
 - Holding your child on your hip
 - Bouncing your child on your knee
 - Baby-wearing devices
 - Bouncer toys that have a harness
 - Bicycles, tricycles or ride on toys
 - **It is ok to use car seats and highchairs.**
- Avoid rough play, climbing, contact sports and gym class for 2 weeks. Have your child keep both feet on the ground as a guideline until they are done healing.
- Your child may return to daycare or school when they no longer need prescription pain medicine or frequent daytime over-the-counter pain medications. Check if your child's school is comfortable with putting the petroleum jelly on your child's penis or your child will need to be able to do this on their own.



Will my child have pain?



- After surgery, your child may feel pain on the penis. We partner with you and your child to relieve pain as completely as possible. No matter the level of your child's pain, believe they are hurting and respond right away.
- Effective pain control will help your child feel better and heal faster. Acetaminophen (Tylenol), ibuprofen (Advil or Motrin) or both are common medicines to treat pain. Older children may receive oxycodone. Check with your healthcare provider first before giving any type of medicine to your child.
- The pain will get better as time passes, usually after the first day for most children. In addition to medicine, you can also help your child cope by distracting them with music, games, TV or videos.
- For more information, read our handout "Acute Pain".
seattlechildrens.org/pdf/PE503.pdf

How do I dispose of unused 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 prescription 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" at seattlechildrens.org/pdf/PE3140.pdf or visit takebackyourmeds.org to find a take back place near you.

When do I call?



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

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

- Fever higher than 101.5° F (38.6° C)
- Redness and swelling that spreads up into the stomach area
- Bleeding that cannot be stopped after 5 minutes of applied pressure
- Your child has pain not controlled by the medicine prescribed
- Cannot pee for a span of 8 hours after surgery
- Throwing up (vomiting)