

## Qalliinka tuubada dhegta: Daryeelkaa gurga (Somali)

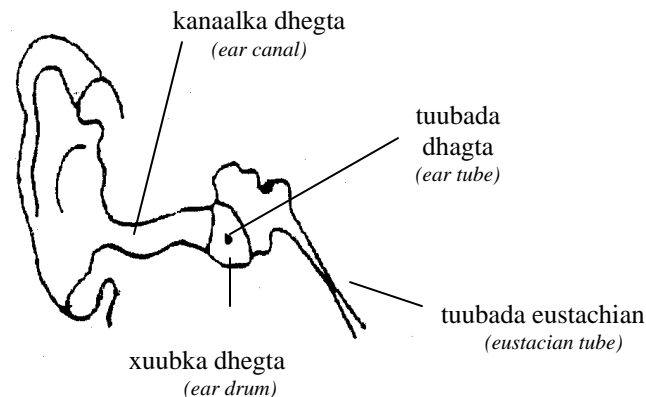
## Ear tube surgery: Care at home (English)

### Maxay tahay qalliinka tuubada dhegta?

Dhakhtarka qalliinku wuxuu duleel yar ku suubinayaa xuubka dhata. Bi'yo ayaa laga soo saarayaa dhegta dhexe, markaa kadib ayaa la galinayaa tuubo yar duleelka. Taasi waxay u ogolaanaysaa hawo in ay gasho dhegta dhexe gudaheeda ayna ka ilaaliso in bi'yo danbe mar labaad ka abuurmaan.

### What is ear tube surgery?

The surgeon makes a small hole in the eardrum. Fluid is removed from the middle ear and then a very small tube is inserted into the hole. This lets air into the middle ear space and prevents fluid from building up again.



cabirka sugan waa  
1mm tuubada dhagta  
(actual size of a  
1 mm ear tube)

### Maxaan filan karaa qalliinka ka dib?

- qandho yar (99° ilaa 100° F, ama 37.3° ilaa 37.8° C).
- muddo 2 ama 3 maalmood waxaad arki doontaa carun, dhacaan biyo ah (wax guduud iyo jaalle isku jira oo kale ah, ama cad, am jaalla ah midab ahaan, ama diig ah).
- dhag xanuun maalinta qalliinka, waxaana keenaya isbadalka cadaadiska dhegta gudaheeda, iyo iyada oo dhegtoo xasaasiyada maqalkeedu siyaaday.

### What can I expect after surgery?

- low fever (99° to 100°F, or 37.3° to 37.8° C).
- thin, watery drainage (pink, clear, or yellow in color, or may be bloody) for 2 or 3 days.
- earache on the day of surgery, caused by pressure changes in the ear, and more sensitive hearing.

## **Sidee baan u daryeelaa ilmahayga?**

Dhakhtarkaaga qalliinka ayaa kuu qori doona daawada xanuunka dhagaha oo lagu dhibciyo. Raac warqadda tusaalooyinka marka aad ka baxaysid isbitaalka, tirade iyo inta jeer oo aad siinaysid daawada.

Iyada oo ku xiran da'da ilmahaaga iyo noocyada biyaha uu la kulmi karo, baa suurto gal ah in uu u baahdo ama uusan u baahan dhagaha wax lagu gufeeyo. Kala hadal dhakhtarkaaga in aad u baahantahay dhago gufayin iyo in kale.

Fadhlan raac tusaalooyinka khuseeya ilmahaaga oo ku yaal warqadda ka bixidda Isbitaalka

## **Sidee ayay noqonaysaa firfircoonida ilmahaygu?**

Ciyaarta caadiga ah ka soo saari mayso toobada meesha.

## **Goorma ayaan dhakhtarka wacaa?**

Wac haddii aad dareentid calaamadaha jirada:

- dhacaan jaalle-cagaar u eg oo dhegta ka imaanaya
- dhagta oo qurun ka soo urayo

## **Maxaa kale oo aan u baahanahay in aan ogaado?**

Ka ilaali sharqan xoog badan oo dhagta ku dhacda

Safarka diyaaradu waa caadi, maxaa yeelay tuubada dhagta ayaa dheelitiraysa cadaadiska hawada.

## **How should I care for my child?**

Your surgeon will prescribe pain medicine for earache, and may prescribe ear drops. Follow your Discharge Instruction sheet for how much to give, and how often.

Depending on your child's age and type of water exposure, ear plugs may or may not be needed. Talk to your doctor about the possible need for ear plugs.

Please follow the specific instructions on your child's Discharge Instruction sheet.

## **How active can my child be?**

Regular activities will not dislodge the tubes.

## **When should I call the doctor?**

Call if you notice signs of an infection:

- yellow-green drainage from the ear
- bad smell from the ear

## **What else do I need to know?**

Avoid forceful nose blowing.

Airplane travel is all right because the ear tube equalizes the air pressure.

Tuubooyinka dhegta kama ay difaaci doonto dhegta jirooyinka oo dhan. Lakin qalliinka ka dib, jirooyinka ku dhaca dhagaha ilmahaaga, way yaraanayaan wayna fududaanayaan.

Tuubooyinka dhagtu waxay ku bixi doontaa 6 bilood ilaa 2 sano. Marka ay tuubadu soo dhacdo, duleelka xuubka caadiyan waxuu ku buskoodaa tadobaadyo yar gudahood.

## **Su'aalo?**

Warqadaani gaar uma aha ilmahaaga, laakiin waa warbixin guud. Haddii aad qabtid wax su'aal ah, fadhlan wac dhakhtarka.

Haddii aad u baahan tahay qoraalo dheeraad ah oo kusaabsan warqadaan ama mawduucyo kale oo caafimaad, fadhlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda interneetka ee [www.childrensmn.org](http://www.childrensmn.org).

Ear tubes will not prevent all ear infections. But after surgery, your child's infections should be fewer and milder.

The ear tubes should fall out after 6 months to 2 years. When the tube comes out, the hole in the eardrum usually heals within a few weeks.

## **Questions?**

This sheet is not specific to your child, but provides general information. If you have any questions, please call the doctor.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: [www.childrensmn.org](http://www.childrensmn.org).

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