

## **Gudniinka** (Somali)

### **Waa maxay gudniinka?**

Gudniinku waa qalliin buuryada looga jarayo guska.

### **Maxaan filan karaa qalliinka ka dib?**

Guska afkiisa oo casaan – guduud - noqon kara ama barari kara. Dhiig yar baa ka iman kara saacadaha ugu horreeya, waana uu danqan karaa maalmaha ugu horreeya. Waxa uu ku bogsoon doonaa illaa 1 isbuuc. Haddii qodobbo lagu tolay, waa ay iska milmi doonaan 1 illaa 3 isbuuc.

Maalinta la guday maalinta ku xigta, wiilkaagu wuu ku noqon karaa iskoolka ama xannaanada. Ka ilaali cayaarta dhaqdhaqaaqa badan ama la korayo baaskiil.

### **Sidee baan u daryeelaa boogta?**

Haddii wiilkaagu isticmaalo deybar, ka eeg dhiig ama dheecaan mar kasta oo aad ka beddesho. U nadiifi sida caadiga ah intaadan deybarka cusub u xirin.

Ku dhiiji boomaatada dhakhtarka kuu qoray meesha boogta ah. Ha ku milanto boogta; ha isku dayin inaad gacantaada la mariso. Sidan yeel mar kastoo aad deybar beddesho.

Wiilasha weyn ee aan deybarka loo xirin, u mari boomaatada 4 jeer maalinti ilaa hal isbuuc. Waxaad isticmaali kartaa faashad yar oo aad kastuumaha uga hoos mariso si ay u yareyso dheecaanka ku dhegaya kastuumaha.

Ka dib 24 saac wiilkaagu wuu qabeysan karaa. Raac tilmaan-bixinta dhakhtarka ee ku saabsan qubeyska. Qolofta ha ka dhaqin nabarka, waxay caadiyan ka mid tahay bogsoonta dhaawaca. Waxa ay la reysan doontaa gudniinka.

## **Circumcision** (English)

### **What is a circumcision?**

A circumcision is a surgery to remove the foreskin from the penis.

### **What can I expect after surgery?**

The end of the penis may be red and swollen. It may ooze a little blood for the first several hours, and may be tender for a few days. It will heal in about a week. If there are stitches, they will dissolve on their own within 1 to 3 weeks.

The day after the procedure, your son may return to school or daycare. Avoid any riding toys or straddling activities.

### **How should I care for the incision?**

If your son wears diapers, check for bleeding or drainage each time you change them. Clean the diaper area as you normally do.

Apply a glob of the ointment recommended by the doctor to the incision. Let it melt around the area; do not try to spread it. Do this at each diaper change as directed.

For older boys not in diapers, apply the ointment 4 times a day for 1 week. You may want to use thin mini-pads in the underwear to reduce stains.

After 24 hours, your son may bathe or shower. Follow the doctor's instructions for bathing. Do not wash off the white or yellow colored drainage that is a normal part of the healing process. It will go away as the circumcision heals.

Haddii dhiig ka yimaado, si tartiiba ah u cadaadi illaa 5 daqiiqo. Hadduu dhiiggu joogsan waayo ama dib u billowdo, wac dhakhtarka.

### Goormaan wacaa dhakhtarka?

- dhiig ku joogsan waayo 5 daqiiqo oo aad cadaadiso
- kaadi la'aan 8 saacadood oo jooqta ah
- xanuun aan ku yaraan daawadii loo qoray
- qandho ka sarreysa 101° F (38.4° C)
- barar, xanuun, ama casaan **saa'id** ah 24-ka saac ee ugu horreeya ka dib
- malax ka timaadda dhaawaca
- boogta oo aan u ekeyn inay bogsoonayso

### Su'aalo?

Warqadan amaba warbixintani kuma saabsana ilmahaaga oo keliya, laakiin waa warbixin guud. Haddii aad qabtid su'aal soo wac dhakhtarka.

Hadii aad rabtid warbixin ama qoraalo kusaabsan cudurkan, ama casharo/qoraalo caafimaad oo kale, fadlan wac Maktabada Xarunta Adeegyada Qoyska "Family Resource Center Library" (612) 813-6816 ama (651) 220-6368, ama booqo shebekeda internetka ee [www.childrenshc.org](http://www.childrenshc.org).

If bleeding occurs, apply gentle pressure to the incision for 5 minutes. If bleeding does not stop or starts again, call the doctor.

### When should I call the doctor?

- bleeding from the incision that does not stop after 5 minutes of gentle pressure
- not urinating at least every 8 hours
- pain that is not relieved with the medicine that was prescribed
- temperature higher than 101° F (38.4° C)
- **increasing** swelling, pain, or redness around the area after the first 24 hours
- pus coming from the incision
- the circumcision does not seem to be healing

### Questions?

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

For additional reading and reference material about this and other health topics, please call the Family Resource Center library at (612) 813-6816 or (651) 220-6368, or visit our Web site: [www.childrenshc.org](http://www.childrenshc.org).

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