

# Bone Fractures

A fracture is also called a broken bone. A broken bone is often caused by a fall, an injury or an accident. You may need an x-ray to see if you have broken your bone. After your bone(s) are put back in place, you may have a cast or splint to keep the injured bone(s) from moving. If you have a bad break and other injuries, you may need to have surgery and stay in the hospital. Most bones heal in 6-8 weeks.

## Signs of Fractures

The area near the broken bone may:

- Hurt
- Feel weak
- Feel numb or tingle
- Be swollen or bruised
- Bleed if the skin is broken
- Look bent if the bones are out of place
- Be hard to move

## Your Care

- Keep the injured area raised above your heart as much as possible to reduce swelling. Use pillows to raise your injured hand or foot above the level of your heart.
- Use ice to lessen pain and swelling for the next 1-2 days. Put the bag of ice on the cast or splint over the injury for 15-20 minutes every hour.
- Take your medicines as directed.

If you have a cast:

- Check the skin around the cast every day. Call your doctor if you have red or sore spots.
- Put lotion on dry areas.
- Sprinkle a small amount of cornstarch or talc under the cast to soothe the skin.

# Dillaaca Lafaha

Dillaac waxaa sidoo kale loo yaqaannaa laf jabtay. Laf jabtay waxaa badanaa keena dhicitaan, dhaawac ama shil. Waxaa laga yaabaa in aad u baahato raajo si loo arko haddii ay laf ku jaban tahay. Ka dib marka laftaada (lafahaaga) meeshoodii la isugu keeno, ayaa laga yaabaa in kab lagu saaro ama taageero lagu xoojiyo si lafta (lafaha) dhaawacmay dhaqaaqa looga ilaaliyo. Haddii uu jab xun kugu dhacay iyo dhaawacyo kale, waxaa laga yaabaa in aad u baahato qalliin oo isbitaal lagu dhigo. Lafaha badankoodu waxay ku bogsadaan 6-8 toddobaad.

## Calaamadaha Dillaaca

Meelaha u dhow lafta jabtay waxaa laga yaabaa in ay :

- Xanuun leeyihiin
- Daciif noqdaan
- Laga dareemo kabuubyo ama xat-xato
- Bararraan ama diismadaan
- Dhiig-bax haddii uu maqaarku dillaaco
- U ekaadaan kuwo soo godan haddii laftu meesheedii ka baxdo
- Ay adkaato in la dhaqaajiyo

## Daryeelkaaga

- Meesha ku dhaawacan kor u qaad oo wadnahaaga ka kor mari sida ugu suuragalsan si aad u yarayso bararidda.
- Isticmaal barkimo si aad kor ugu qaaddo gacanta ama lugta dhaawacantay heer ka sarreeya wadnaha.
- Isticmaal baraf si aad u yarayso xanuunka iyo bararka 1-2 maalmood ee ku xiga. Bac baraf ah dulsaar kabka ama taageerada dhaawaca saaran ilaa 15-20 daqiiqadood saacad kastaba.
- Daawooyinka u qaado sida lagu faray.

Haddii kab lagu saaray:

- Hubi maqaarka ku xeeran kabka maalin walba. Dhakhtarkaaga wac haddii goobo guduudan ama xanuunaya aad isku aragto.
- Burcad ama labeen iska mari meelaha engegay.
- Ku daadi qaddar yar oo daqiiqda galleyda ah ama boolbare ama bootar kabka hoostiisa si aad maqaarka u dabciso.

- Do not use lotion or powders if you have blisters or stitches on your skin under the cast.
- Use a hair dryer daily, set on cool. This keeps your cast dry, comfortable and helps relieve itching.
- Call your doctor if your cast fits loosely. The cast can slide around causing skin irritation.
- Exercise your fingers or toes. This improves blood flow and helps healing.
- Use a nail file to file rough edges on your cast.
- **Do not** scratch the skin under your cast with sharp or pointed objects.
- **Do not** put pressure on any part of your cast or splint as it may break.
- Keep your cast or splint dry by putting a plastic bag over it when bathing.
- Use a hair dryer if your cast gets wet.
- Call your doctor or clinic to schedule an appointment to get your cast removed after the bone has healed.

Call your doctor **right away** if:

- You have trouble breathing, chest pain or confusion.
- You have pain that does not go away.
- Your skin or nails of the injured hand or foot are blue, gray, cold or numb.
- Your cast gets damaged or breaks.
- You have new stains or an odor coming from under the cast.
- You have swelling that makes your cast feel too tight.

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

- Ha isticmaalin burcad ama boolbare haddii maqaarkaaga barar dheecaan leh ku jiro ama meel kabka ka hooseysa laga tolay.
- Maalin kasta timo engejiye isticmaal, ku aaddi meesha ay ku taal (cool) qabow. Tani kabkaaga waxay ka yeeleysaa mid engegan, oo wacan waxayna ka caawinaysaa yaraynta cuncunka.
- Dhakhtarkaaga wac haddii kabkaagu dabco. Kabku wuu durki karaa isagoo maqaarka u keenaya lur.
- Farahaaga ama suulasha dhaqdhaqaaqi. Taasi waxay hagaajinaysaa socodka dhiigga waxayna gacan ka geysanaysaa bogsashada.
- Istickmaal ciddiyo xoqe si aad u xoqdo dhinacyada xanafta leh ee kabka.
- Maqaarka kabka ka hooseeya **ha ku xoqin** wax fiiqan ama af dhuuban.
- Waxa cadaadis ah **ha saarin** qayb ka mid ah kabkaaga ama taageerada maadaama laga yaabo inuu jabo.
- Kabka ama taageerada ka yeel kuwo engegan adigoo dul saaraya bac balaastiko ah marka aad qubeysanayso.
- Istickmaal timo engejiye haddii kabku kaa qoyo.
- Wac dhakhtarka ama rugta caafimaadka si aad u qorsheysato ballan si kabka lagaaga saaro marka ay laftu bogsato ka dib.

**Isla markiiba** dhakhtarkaaga wac haddii:

- Ay dhibaato kaa qabsato neefsashada, xanuun feedhaha kaa qabto ama aad jahawareerto.
- Aad isku aragto xanuun aan kaa tageynin.
- Maqaarkaaga ama ciddiyaha gacanta ama lugta dhaawacan ay buluug, danbas, qabow ama kabuubyo noqdaan.
- Kabkaagu waxyeelloobo ama kala dillaaco.
- Aad leedahay midabbo cusub ama ur kabka hoostiisa ah.
- Aad bararto kaasoo kabkaagana ka yeelaya mid aad u giigsama.

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

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