

# Bedelka Kala-goysmo: Ku soo noqoshada Hawlaha Maalinlaha ah

## Hawlaha lagu taliyay

Jimicsiyada uu ku baray dhakhtarkaaga jirka iyo socodka ayaa ah hawlo wanaagsan oo lagu bilaabi. Jimicsiyadaada waxaa sare loo qaadi doonaa hadba inta kal-goysmadaada cusub bogsaneyso.

Ha ka qeybqaadanin isboortiga ilaa aad haysato ogolaanshaha dhakhtarkaada mooyee. Dhakhtarkaaga kala hadal isboortiga aad xiiseynayso.

Ha isticmaalin qalabka jimicsiga, cirrurrada ama goobaha jimicsiga, ilaa uu dhakhtarku oggolaado. Takhtarkaaga kala hadal in aad miisaanka ku qaaddo lugtaada qalliinka.

## Ku socodka Biyaha

Marka uu takhtarkaagu dareemo in jeexitaankaaga uu si fiican u bogsaday, badanaa 6 toddobaad ka dib qalitaanka waxa laga yaabaa in laguugua taliyo ku socoshada biyaha. Ha ku soconin biyaha, illaa inta aad ka heleyso ogolaanshaha dhakhtarkaagu.

Haddii aad marin u leedahay meel barka, biyo socodka waxay noqon karaan kuwo baashaal leh oona xoojin kara muruqyada ku jira miskaha, jilbaha iyo lugahaaga. Gali barkadda ilaa meel habadka kuu gaareysa. Qabso dhinaca barkadda oo soco 15 ilaa 20 daqiiqo. Ku celi 3 ilaa 5 maalmood toddobaad kasta.

## Hawlaha ah in laga fogaado

Kala-goysmadaada cusub waxa waxyeelo u gaysan kara ama burburin kara dawayn qallafsan. Jimicsi si aad ugu ilaaliso muruqyadaada iyo xabagdaada kuwo adag.

Hawlaha qaarkood ayaa laga yaabaa inay culays badan ku keenaan kala-goysmada waana in laga fogaadaa, oo ay ka mid tahay:

- Boodboodid ama orod
- Isboortiga/ciyaaraha jirku isgaaro
- ciyaaraha koleyga
- Culaysyo ku riixida lugahaaga
- Qaadista walxaha miisaankiisu ka badan yahay 35 rodol

## Gaari ku wadid iyo inaad baabuur saaran tahay

- Ha wadin ilaa uu dhakhtarku ku amro. Inta badan bukaanada waxay ku noqon karaan wadista 4 ilaa 6 asbuuc ka dib qalitaanka.
- Haddii aad baabuur fuushan tahay, jooji oo ka deg si aad u socotid oo iskala-bixi 1 ilaa 2 saacadood.
- Samee jimicsiyo boodbood canqowga ah inta aad gaariga wadid si aad dhiiggu ugu sii socodsiiid lugahaaga.
- Waxaa laga yaabaa inaad gaari ku wadato qiyaas ahaan 6 isbuuc gudahood adigoo fasax dhakhtarka ka helaya. Wad oo kaliya haddii aad awood buuxda u haysato lugtaada la qalay aadana wali wadin daawada xauunka.

## Ku safarka hawada

**Sannadka ugu horeeya ka dib beddeliddaada kala-goysmadaada ka dib**, isticmaal taxaddarradaan si aad u ilaaliso kala-goysmadaada oo aad hoos ugu dhigto halista dhibaatooyin:

- Inta badan bukaanada ma duulaan ugu yaraan 6 toddobaad qalliinka ka dib.
- Marka aad qabsanayso duulimaadka, u sheeg inaad leedahay bedelka kala-goysmada oo aad codsato kursi darbi ku dhegan, sidaa daraadeed waxaad haysataa meel dheeraad ah oo aad ku kala baxsan karto lugtaada.
- Bedelidaada kala-goyska waxaa ku jira bir waxeyna yeerin doontaa birta baaraha (metal detector). Hubi in aad u sheegto saraakiisha jooga baaritaanka ammaanka in aad leedahay bedelid kala-goysmo ah.
- Inta badan istaag markii ay suurtagal tahay oo samee jimicsiyada boodboodka canqawga inta lagu jiro duulimaadka.

## Dib u bilaabida galmada

Inta badan, waa kuu nabad galyo inaad dib u bilawdo hawsha galmada ka dib 4 illaa 6 usbuuc oo bogsasho ah. Maqaarka iyo muruqyada lafaha kala-goysmada ayaa u baahan waqtigaas si ay u bogsadaan. Qabitaanka beddelka kala-goyska badanaa waxay yareysaa xanuun iyo qalalaase badan oo laga yaabo in galmada ka dhigaysay in aysan raaxo yeelan ka hor qalliinka.

- Maqaarka iyo muruqyada kala-goysmada waxay u baahan yihiin 4 ilaa 6 asbuuc si ay u bogsadaan.
- Raac taxaddarka sintaada marka aad galmo sameyneysid. Dhowr bilood ka dib, waxaad dib u bilaabi kartaa dhaqdhaqaaqa meel kasta oo raaxo leh.
- Hubso in lammaanahaagu ogyahay taxaddarka sinta iyo saameynta dhaqdhaqaaqyadaas.
- Lammaanahaaga kala hadal raaxadaada, walaacyadaada iyo wewelkaaga.

## Daryeelka ilkaha

Caafimaadka ilkaha waa muhiim, laakiin maadaama aad leedahay beddel kala-goysmo ah awgeed waxaad u baahan tahay in aad taxadar dheeri ah yeelato. Bakteeriyada keenta infakshannada ku dhaca afkaaga, cirridka iyo ilkuhuba si fudud ayay ugu safri kartaa qulqulka dhiiggaaga waxeyna degi kartaa misigtaada oo la beddelay. Ma dooneysid in ay taasi dhacdo.

Waxaan ku talinaynaa antibiyootigiyada ilkaha sanadka ugu horreeya ka dib beddelidda kala-goysmada si looga hortago infekshinka halista ah. Fadlan la xiriir xafiiska dhakhtarkaaga qalliinka **ugu yaraan 1 usbuuc kahor** ballanta ilkaha si aad u hesho warqadda dhakhtarka.

Waxa laga yaabaa in lagugula taliyo in aad horay u qaadato antibayootig:

- Saarista ilkaha
- Duritaanada kabaabida ee goosyada ee u dhow daanka
- Habraacyada cudurka ciridka
- Nadiifinta ilkaha meesha dhiig-baxu ka dhici karo
- Meelaynta guntooyinka ilkaha
- Ilko talaalida ama ilkaha oo la meeshooda laga saaray oo la beddelo
- qalliinka xididka iligta

Kuma talineyno shaqada ilkaha ee la doorto ama qalliin loogu talagalay 8 ilaa 12 todobaad ka dib qalliinka misigtaada.

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**Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.**

Wixii macluumaad dheeraad ah ee caafimaadka kusaabsan, tag [wexnermedical.osu.edu/patiented](https://wexnermedical.osu.edu/patiented) ama kala xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama [health-info@osu.edu](mailto:health-info@osu.edu). -

# Joint Replacement: Returning to Daily Activity

## Recommended activities

Exercises taught by your physical therapist and walking are good activities to start. Your exercises will be advanced as your new joint heals.

Do not participate in sports until you have your doctor's approval. Talk to your doctor about sports you may be interested in.

Do not use exercise equipment, whirlpools, or spas until approved by your doctor. Talk to your doctor about weight lifting with your operative leg.

## Water walking

When your doctor feels that your incision is well healed, often 6 weeks after surgery, water walking may be recommended. Do not walk in water until you have your doctor's permission.

If you have access to a pool, water walking can be relaxing and strengthens the muscles in your hips, knees, and legs. Enter the pool to chest high water. Hold onto the side of the pool and walk for 15 to 20 minutes. Repeat 3 to 5 days each week.

## Activities to avoid

Your new joint can be damaged or worn out by rough treatment. Exercise to keep your muscles and ligaments strong.

Some activities may cause more stress to the joint and should be avoided, including:

- Jogging or running
- Contact sports
- Racket sports
- Pushing weights with your legs
- Lifting objects weighing over 35 pounds

## Driving and riding in a car

- Do not drive until instructed by your doctor. Most patients can return to driving 4 to 6 weeks after surgery.
- If you are riding in a car, stop and get out to walk and stretch every 1 to 2 hours.
- Do ankle pumping exercises while you are riding in the car to keep blood flowing in your legs.
- You may drive in about 6 weeks with your doctor's permission. Only drive if you have complete control of your surgery leg and you are no longer on pain medicine.

## Air travel

**For the first year after your joint replacement,** use these precautions to protect your joint and reduce the risk of problems:

- Most patients do not fly for at least 6 weeks after surgery.
- When booking your flight, tell them you have a joint replacement and request a bulkhead seat, so you have more room to stretch out your leg.
- Your joint replacement contains metal and will set off the metal detector. Be sure to tell the officers at the security check that you have a joint replacement.
- Stand often when possible and do your ankle pumping exercises during the flight.

## Resuming sex

Most often, it is safe for you to resume sexual activity after 4 to 6 weeks of healing. The skin and muscles of the joint need that time to heal. Having the joint replacement often eases a lot of the pain and stiffness that may have made sex uncomfortable before surgery.

- The skin and muscles of the joint need about 4 to 6 weeks to heal.
- Follow the hip precautions when having sex. After several months, you can resume activity in any comfortable position.
- Be sure your partner knows the hip precautions and the effect of those motions.
- Talk to your partner about your comfort, concerns, and anxieties.

## Dental care

Dental health is important, but because you have a joint replacement, you need to take extra caution. The bacteria that cause infections in your mouth, gums, and teeth can easily travel in your blood stream and settle in your replaced hip. You do not want that to happen.

We recommend dental antibiotics for the first year after your joint replacement to prevent serious infection. Please contact your surgeon's office **at least 1 week before** your dental appointment to get your prescription.

Antibiotics may be recommended for you to take before:

- Teeth removal
- Gum disease procedures
- Placement of orthodontic bands
- Root canal surgery
- Anesthetic injections into gums near jaw
- Teeth cleaning where bleeding may occur
- Dental implants or teeth that are knocked out and are replaced

We do not recommend elective dental work or surgery for 8 to 12 weeks after your hip surgery.

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**This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](https://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).