

Diaper Rash Information

War ku Saabsan Finanka Xafaayadda

Finanka Xafaayaddu (Diaper Rash) waa erey la isticmaalo si loo sharaxo finan ama xajiin ah aagga uu daboolo xafaayad ama qoyaan-celiska ilmaha. Calaamadda ugu horeysa ee finanka xafaayadda badanaa waa casaan ama finan yar oo lagu arko caloosha hoose, badhida, cawrada, iyo laablaabka qarada weyn ee taabasho toos ah la yeeshay xafaayad qoyan ama wasakheysan. Noocan ah finanka xafaayadda waa dhif inuu dhib weyn yeesho, waxana uu badanaa iska tagaa gudaha saddex ama afar maalmood marka la sameeyo daryeel haboon.

Si loo yareeyo halista finan xafaayad oo ku dhaca ilmahaaga, talaabooyinkan soo socda ku darso qaabka hawshaada xafaayadda:

- Sida ugu dhakhsaha badan ee suurogal ah u beddel xaafayadaha qoyan ka dib saxaro kasta. Aagga xafaayadda ku nadiifi maro jilicsan iyo biyo ka dib saxaro kasta.
- Beddel xaafayadaha qoyan markasta si loo yareeyo in maqaarku la kulmo suyuc ama qoyaan.
- Badhida ilmaha u banee hawada markasta oo ay taasi suurogal tahay. Iska ilaali inaad isticmaashid surwaal caag ah.
- Marisyada ilmaha la mariyo waxa laga yaabaa inay uga sii daraan finanka.

Waxa jira laba sababood oo keena finanka xafaayadda oo si weyn caam u ah. Farmashiilahaaga ayaa kuu sheegi doona nooca uu qabo ilmahaagu, iyo daweynta ku haboon.

___ Waxay u badan tahay in finanka ilmahaaga ay sabab u tahay xafaayadda oo xajiimeynaysa maqaarka. Raac talada ku saabsan dhamaan finanka xafaayadda ee kor lagu sheegay, isla markaana isticmaal labeenta Fitamiin A iyo D, taaso u roon maqaarka qalalay ee xajiimeysan. Si khafiif ah u mari aagaga dhibaateysan ee maqaarka , 3-4 jeer maalintii.

___ Waxay u badan tahay in finanka xafaayadda ee ilmahaaga uu sababay fangaska cajiinka ama fangas kale. Taasi waxay badanaa dhacdaa marka la siiyay antibiyootiko, ama haddii finan ay jireen dhawr maalmood. Istimaal Clotrimazole 1% aad marisid aagga xafaayadda 3 jeer maalintii.

Tani waxay khuseysaa labada nooc ee finan mid kasta: Haddii finanka aanuu ka fiicnaan gudaha 3 maalmood, ama haddii ilmahaagu uu yeesho finan biyo leh, aagag maqaarku ka hoolmay ama ka fuqay, aagag yeeshay qolaf, malax, finan cascas ama meelo jeexan – la tasho dhakhtarkaaga.

Haddii aad qabtid wax su'aalo ah oo ku saabsan dawooyinkaaga, fadlan xarunta caafimaadka ka wac.