



## ***Waxbarashada Bukaanka***

***Xarunta Hooyada iyo Dhallaanka – Daryeelka Naftaada iyo Carruurtaada***



# Siyaalaha aad uga Raaxeysan Karto Naas Bararka Kaddib Maka aad Dhasho

Naas bararku waxaa uu u eg yahay mid dhibaato leh, laakiin nasiib wanaag, waa waa dhibaato ku meel gaar ah. Inta badan wuxuu bilaabmaa maalinta seddexaad marka aad dhasho. Dhowr cisho kaddina wuu kaa baaba'ayaa.

### **Hindisayaal:**

#### ***Saar shay kulul:***

- Waxaad qaadataa qubays biyo kulul, markaana naaska ka keen caanaha.
- Naasaha ku xidho maro qooyan (oo caag dusha aad kaga xidho si kuleylku aanu uga bixin, ama isticmaal deybarka naasaha ee halka mar la isticmaalo).
- Saxan naasaha dhex gali ay biya diirani ku jiraan (iskadaa caanaha naaska haka dareeraane).

#### ***Duugidda:***

- Si qumaati ah u masax naasahaaga, waxaanad isku daydaa in aad caanaha dheeraadka ah ka sii dayso.
- Sidii wax shanleysanaya nasaha u masax.
- Wax godan ku masax nasaha adiga oo ka soo bilaabaya kilaankilada.
- Ibta naaska gacanta ku cadaadi, si ilmuhu u qabsado.

## Su'aalo?

Soo wac haddi naas xanuunku kaa bi'i waayo dhammaan marka naaska aad jaqsiinayso ilmaha, ama haddii uu xanuunku kaa yaraan waayo illaa maalinta 5-aad, kaddib marka aad dhasho. UMMC qeybta naas jaqsiinta, ayaa markasta kuu diyaar ah in ay ku caawiyaan.

**Adeega Naas Jaqsiinta**  
**206-598-4628**

**9 subax. - 9 habeen.**  
**Isniin – Jimce**

**9 subax - 1 habeen.**  
**Sabti iyo Axad**

**Foosha iyo Dhalmada:**  
**206-598-4616**

**Xarunta Daryeelka**  
**Hooyada iyo**  
**Dhallaanka:**  
**206-598-4070**

### *Ilmaha wax sii:*

- Toosi ilmaha mar labadii saacba, haddii loo baahdo.

### *Kaddib marka aad ilmaha naaska jaqsiiso:*

- Ku masax naaska waxyaalaha bacda ku jira ee qabow (isticmaal *gel packs* ee loogu talagalay arrintaa, bac ay ku jiraan digirta cagaaran ee la qaboojiyey, maro qooyan, ama kaabaj qabow ayaad isticmaali kartaa).
- Xidho candhasaab haddii uu ku la'eg yahay – haddii uu ku hayo, oo calaamad kugu sameeyo, ha xidhan. Calaamado! Xidho haddii aad heysato keeshali (candhsaab) kala baxa oo loogu talagalay dadka ciyaara. Xidho markaad seexanayso, haddii xanuun aad ka seexan kari waydo.
- Xidho wax naaska daboolo sida qolafta naaska, si caanaha badhkood ay kaaga dareeraan.
- Cun daawada xanuunka sida *ibuprofen* (tusaale., *Motrin*<sup>®</sup>, *Advil*<sup>®</sup>) – kuwaasi wax kaa bi'inayaan xanuunka, bararkana way kaa yaraynayaan. (Inta aad siilka ka dhiigayso iska ilaali aasbiriin sababta oo ah waxay badaniyaan dhiig baxa).

### *Haddii wax kasta aad ka quusato:*

- Isticmaal bamka (caana lisaha) elaktriiga ah, nooca cusbitaaladu isticmaalaan, si caanaha aad u listo.
- Haddii waxyaalahaas oo dhan ay bararka kaa kaxeyn waayaan, illaa 24 saac gudahood, la hadal tala bixiyaha xagga naas jaqsiinta, ee 206-598-4628.

Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, (*Pregnancy, Childbirth and the Newborn*), bogagga 449 illaa 451.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Maternity and Infant Center/  
Lactation Services**

Box 356079  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4628



## Comfort Measures for Postpartum Engorgement of the Breasts

Engorgement feels like a crisis, but fortunately, it is only a temporary problem. It usually begins by the third day after birth and resolves within a couple of days.

### Suggestions

#### *Apply warmth:*

- Take a warm shower or tub bath, letting the milk flow down the drain.
- Wrap your breasts in warm wet washcloths (covered with plastic wrap to keep the warmth in, or use disposable diapers).
- Dip your breasts in a basin of warm water (again, allow the milk to flow out).

#### *Massage:*

- Gently massage your breasts and try to release some of the excess milk by squeezing with your hand.
- “Comb” your breasts with your hands.
- Roll a smooth cylinder from your underarm to nipple.
- Compress the areola with your fingers, to soften it so baby can latch on.

## Questions?

Call if you have pain throughout the entire feeding, or if it is not getting better by the fifth day after birth. The UWMC Lactation staff are available to help at any time.

**Lactation Services:  
206-598-4628**

**9 a.m. to 9 p.m.  
Monday through  
Friday**

**9 a.m. to 1 p.m.  
Saturday and Sunday**

**Labor and Delivery:  
206-598-4616**

**Maternity and Infant  
Care Clinic:  
206-598-4070**

### *Feed your baby:*

- Wake your baby for feeding every 2 hours if needed.

### *After nursing:*

- Apply cool compresses (use gel-packs made for this purpose, a bag of frozen peas, wet washcloths chilled in the freezer, or cold raw cabbage leaves).
- Wear a bra *if* it fits well and feels good – don't wear it if it digs into you and leaves red marks! If you have a stretch bra designed for athletic exercise, try that. Wear it to bed if the pain is keeping you awake at night.
- Wear a protective cover, such as breast shells, to let some of the milk leak out.
- Take a pain reliever like ibuprofen (i.e., Motrin<sup>®</sup> or Advil<sup>®</sup>) – this not only relieves pain but also reduces swelling. (While you're still bleeding from your vagina, avoid aspirin because it can increase bleeding.)

### *If all else fails:*

- Use a hospital-quality electric breast pump to remove the milk.
- If the engorgement is not relieved by these measures within 24 hours, call a lactation consultant, 206-598-4628.

See *Pregnancy, Childbirth and the Newborn*, pages 449 to 451.

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