



Izinyawo ezibhekene zingalungiseka!

Umhlahlandlela wesinyathelo ngesinyathelo wokulungisa izinyawo ezibhekene zezingane wabazali abaqala uhlelo

We will walk with you



Okukahle



Izinyawo ezibhekene

IZIMO ZEZINYAWO EZIBHEKENE

- Akukho sizathu esaziwayo esibangela izinyawo ezibhekene – akusilo iphutha lomuntu othile ukuba kwengane nezinyawo ezibhekene.
- Ingane izalwa inezinyawo ezibhekene.
- Unyawo luqinile futhi ngeke likwazi ukubuyiselwa endaweni efanele.
- Unyawo lubheka phansi bese lubheka ngaphakathi eqakaleni ngakho ingaphezulu lonyawo lucishe lube lapho ingezansi okumele lube khona.
- Igama lezempilo lezinyawo ezibhekene lithi-Talipes Equinovarus.
- Izinyawo ezibhekene zijwayeleke kakhulu – ziba khona cishe ebantwaneni aba-2 ebantwaneni abayi-1,000 abazalwayo.
- Izinyawo ezibhekene zingaba khona kweminye imindeni, kodwa kweminye imindeni akukho mlando wezinyawo ezibhekene.
- Izinyawo ezibhekene zingaba sonyaweni olulodwa noma zombili.
- Baningi abafana ababa nezinyawo ezibhekene uma kuqhathaniswa namantombazane (izibalo zithi 2:1)
- Umntwana wakho uhlololwa ezinye izimo, kodwa isikhathi esiningi luzenzekela lodwa

INDLELA ECETSHISWAYO YOKULUNGISA IZINYAWO EZIBHEKENE INDLELA EBIZWA NGE-PONSETI

INDLELA EBIZWA NGE-PONSETI

Ukulungisa izinyawo kuba impumelelo ngu-95%, uma ululandela kahle uhlelo lokwelapha, ingane yakho izoba nezinyawo ezibukeka futhi ezisebenza ngendlela efanele:

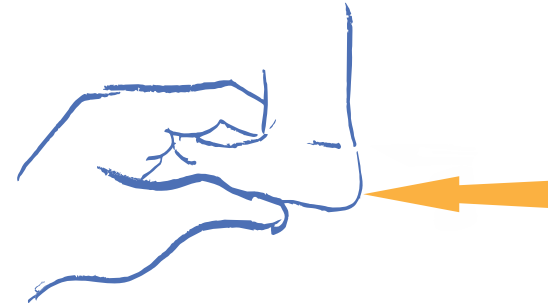
- Ukuqondiswa kamnene konyawo neqakala.
- Ukhonkolo ofakwa onyaweni lonke oshintshwa masonto onke amasonto ama-4 ukuya kwayi-6.
- Zingama-80% izingane ezihlinzwa okungatheni kusikwe umsipha wesithende (tenotomy).
- Ngemva kwe-tenotomy, kufakwa ukhonkolo wokugcina.
- Kufakwa izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane ngemva kokuba kukhishwe ukhonkolo wokugcina.
- Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwa amahora angama-23 ngosuku ezinyangeni ezi-3 zokuqala.
- Ngemva kwezinyanga ezi-3, izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwa ebusuku nangesikhathi sokulala (amahora ayi-12 – kwayi-14 ngosuku)

UKUGOTSHISWA KONYAWO KAMNENE NOKUFAKWA UKHONKOLO



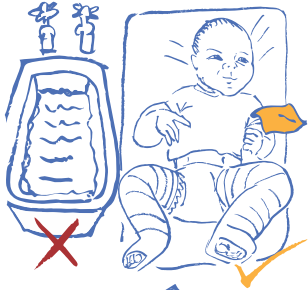
- Ukufakwa ukhonkolo angeke kulimaze ingane yakho.
- Ukhonkolo ufakwa unyawo lonke, ugotshiswe edolweni.
- Woza nengane yakho ingadlanga bese uyipha ukudla ngesikhathi ifakwa ukhonkolo ukuze uyithuthuzele.
- Ukhonkolo omanzi uyasinda. Goqa ithawula elincane bese ulibeka ngaphansi kwamadolo omntwana wakho ukuze uweseke, kuze kome ukhonkolo.
- Ukhonkolo uzohlala isonto bese uyakhishwa ekuseni ngosuku azobonwa ngalo, emtholampilo noma ekhaya.
- Ukhonkolo uzofakwa masonto onke kube kube izinyawo zisendaweni efanele.

UKUSIKWA UMSIPHA WESITHENDE



- Izingane eziningi ezinezinyawo ezibhekene zinomsipha wesithende omfishane futhi ongeluleki.
- Uma ingane yakho ingasikwa umsipha wesithende izohamba ngamanzonzwane.
- Ukusikwa umsipha wesithende kuwukuhlinzwa okungatheni kokusika umsipha wesithende.
- Kujwayele ukuthi kwenziwe ngokujowwa kubulawe imizwa yesiguli kodwa singalaliswa futhi kuthatha cishe imizuzu eyi-10.
- Ngemva kokusikwa umsipha wesithende ukhonkolo wokugcina ufakwa amasonto ama-3.
- Abanye odokotela basebenzisa umjovo wokulalisa isiguli uma kuyisiguli esidadlana.
- Ungaphuzisa ingane yakho umuthi ongemandla wokuqeda izinhlungu uma iwudinga ngemva kokusikwa umsipha wesithende.

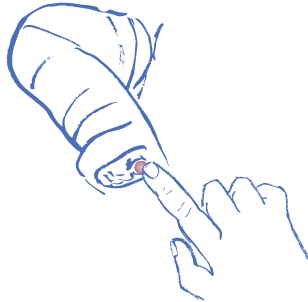
UKUNAKEKELA UKHONKOLO EKHAYA



- Gcina ukhonkolo uhlanzekile futhi womile.
- Ungayigezeli kubhavu ingane yakho.
- Sebenzisa indwangu enensipho ukusula ingane yakho ngaphandle kokumanzisa ukhonkolo.



- Bheka ukuthi ngabe ukhonkolo awuphukile noma uwuklayekile yini.
- Ungafaki lutho phakathi kukakhonkolo.



- Kumele ukwazi njalo ukubona izinzwane ngaso sonke isikhathi.
- Kumele izinzwane zifudumale futhi zibe umbala wesikhumba ojwayelekile.
- Cindezela izinzwane njalo ngemva kwamahora ambalwa ukuze ubheke ukuthi ngaba igazi lisahamba kahle yini.



- Ungagqokisa ukhonkolo isokisi uma kubanda.
- Beka ithawula eligoqiwe ngaphansi kwamadolo ukuze weseke izithende ngesikhathi umntwana wakho elala.



IZINKINGA MAYELANA NOKHONKOLO

Shayela ucingo udokotela wakho noma ubuyele emtholampilo uma ubona noma ikuphi kulokhu:



- Ukuba phezulu kwezinga lokushisa komzimba.
- Ukuvuvukala ngaphezu noma ngaphansi kukakhonkolo.
- Ukuvuvukala izinzwane.
- Ukuqina kakhulu kukakhonkolo ukuzungeza isingenhla somlenze.
- Kuphuma iphunga elibi phakathi kukakhonkolo.

- Izinzwane zipholile noma zibanda.
- Izinzwane ezingewona umbala wesikhumba ojwayelekile.
- Ukushelela konyawo lwabuyela emuva nokhonkolo.
- Ungakwazi ukubona izinzwane.
- Ukuklayeka noma ukuthamba kukakhonkolo.
- Ukuphuma kukakhonkolo.

UKUSUSA UKHONKOLO



- Eminye imitholampilo iyawukhipha ukhonkolo, kanti eminye izokucela ukuthi uzikhiphele.
- Ungawususi ukhonkolo ngobusuku obendulela lobo.
- Manzisa ukhonkolo, uwusongele ngethawula elimanzi, bese uwumboza ngoplastiki ukuze uwuthambise.
- Kufanele uthole insiza kakhonkolo engasemadolweni ezokusiza ukuthi ukwazi ukuwuqaqa.
- Ukuthela uviniga emanzini kuzothambisa ukhonkolo ngokushesha.
- Uma ukhipha ukhonkolo emtholampilo, bazokunikeza isiqukathi esinamanzi afudumele ukuze kumanziseke ukhonkolo.

NJENGOMUNTU ONAKEKELA INGANE YAKHO, UDLALA INDIMA EBALULEKILE EMPUMELELWENI YOHLELO LOKWELAPHA. UMA UNEMIBUZO NOMA KUKHONA ONGAKUQONDI KAHLE, SICELA UTHINTE UMTHOLAMPILO WAKHO NOMA OWELULEKA ABAZALI.

IMINININGWANE YOMTHOLAMPILO



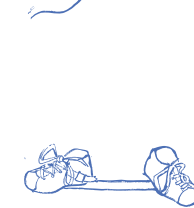
UKUFakwa UKHONKOLO

1	2	3	4	5	USUKU
					✓



UKUFakwa UKHONKOLO

6	7	8	9	10	USUKU
					✓



IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE

1	2	3	4	5	USUKU
					✓



IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE

6	7	8	9	10	USUKU
					✓