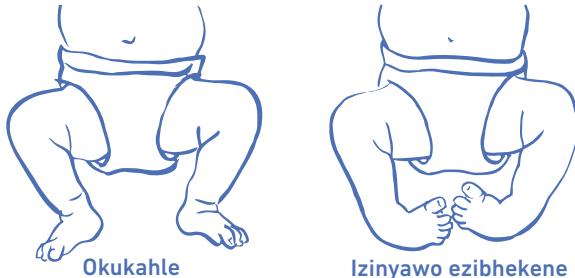




Izinyawo ezibhekene zingalungiseka!

Umhlahlandela
wesinyathelo
ngesinyathelo
wokulungisa izinyawo
ezibhekene zezingane
wabazali abaqala uhlelo

We will walk with you



IZIMO ZEZINYAWO EZIBHEKENE

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

INDELEA ECETSHISWAYO YOKULUNGISA IZINYAWO EZIBHEKENE INDELEA EBIZWA NGE-PONSETI

INDELEA EBIZWA NGE-PONSETI

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

1. Ukuqondiswa kamnene konyawo neqakala.
2. Ukhonkolo ofakwa onyaweni lonke oshintshwa masonto onke amasonto ama-4 ukuya kwayi-6.
3. Zingama-80% izingane ezihlilinzwa okungatheni kusikwe umsipa wesithende (tenotomy).
4. Ngemva kwe-tenotomy, kufakwa ukhonkolo wokugcina.
5. Kufakwa icicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane ngemva kokuba kuhkhishe ukhonkolo wokugcina.
6. Icicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwa amahora angama-23 ngosuku ezinyangeni ezi-3 zokuqala.
7. Ngemva kwezinyanga ezi-3, icicathulo 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 kwamadolomntwana wakho ukuze uweseke, kuze kome ukhonkolo.
- Ukhonkolo uzohlala isonto bese uyakhishwa ekuseni ngosuku azobonwa ngalo, emtholampilo noma ekhaya.
- Ukhonkolo uzofakwa masonto onke kuge kuge izinyawo zisendaweni efanele.

UKUSIKWA UMSIPHA WESITHENDE



- Izingane eziningi ezinezinyawo ezibhekene zinomsipha wesithende omfishane futhi ongeluleki.
- Uma ingane yakho ingasikwa umsipha wesithende izohamba ngamanonzwane.
- Ukusikwa umsipha wesithende kuwukuhlinzwu okungatheni kokusika umsipha wesithende.
- Kujwayele ukuthi kwensiwe 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 wokujeda izinhlungu uma iwudinga ngemva kokusikwa umsipha wesithende.

UKUNAKEKELA UKHONKOLO EKHAYA



- Gcina ukhonkolo uhlanzekile futhi womile.
- Ungayigzelzi kubhavu ingane yakho.
- Sebenzisa indwangu enensipho ukusula ingane yakho ngaphandle kokumanzia 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 ukube ubheke ukuthi ngaba igazi lisahamba kahle yini.



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



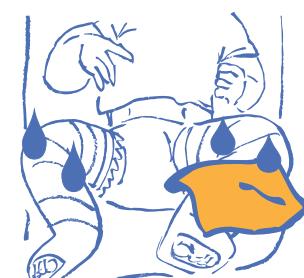
IZINKINGA MAYELANA NOKHONKOLO

Shayela ucingo udukotela 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 isingenha somlenze.
- Kuphuma iphunga elibi phakathi kukakhonkolo.

UKUSUSA UKHONKOLO



- Izinzwane zipholie noma zibanda.
- Izinzwane ezingewona umbala wesikhumba ojwayelekile
- Ukuhelela konyawo lwabuyela emuva nokhonkolo.
- Ungawazi ukubona izinzwane.
- Ukuclayeka noma ukuthamba kukakhonkolo.
- Ukuphuma kukakhonkolo.



**NJENGOMUNTU ONAKEKELA INGANE YAKHO,
UDLALA INDIMA EBALULEKILE EMPUMELELWENI
YOHLELO LOKWELAPHA.**

**UMA UNEMIBUZO NOMA KUKHONA ONGAKUQOND
KAHLE, SICELA UTHINTE UMTHOLAMPILO WAKHO
NOMA OWELULEKA ABAZALI.**

IMINININGWANE YOMTHOLAMPILO

UKUFAKWA UKHONKOLO

1	2	3	4	5
				✓

UKUFAKWA UKHONKOLO

6	7	8	9	10
				✓

**IZICATHULO EZIHLANGANISWE NGENSIMBI
NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO
EZIBHEKENE ZEINGANE**

1	2	3	4	5
				✓

**IZICATHULO EZIHLANGANISWE NGENSIMBI
NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO
EZIBHEKENE ZEINGANE**

6	7	8	9	10
				✓