

## MASEWERA OLIMBITSA THUPI NDIME YA CHIWIWI (KUCHOKERA MA SABANA AWIRI ATACHOTSA MSOKO)

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Masewera olimbitsa thupi mogwira khoma

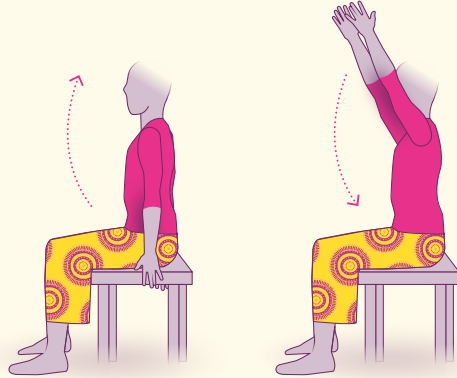
Kuima cham'mbali moyang'ana khoma (chipupa)

- Imani cham'mbali, ndipo muonetsetse kuti mbali ya operashoniyo iyandikire ku khoma.
- Ikani manja anu ku khoma, ndipo pindani zigongono zanu pang'ono.
- Musalimbitse mapewa anu kuwopetsa kuzipweteka.
- Pang'ongopang'ono yendetsani manja anu mopita m'mwamba, uku mukumasula zigongono zanu.
- Pitanibe m'mwamba m'mene mungathere opanda kupsinjika kapena kumva kupweteka.
- Imani pomwepo, werengani mpaka teni( khumi) kenako bwenzeretsani dzanja lanu kumene munayambira kuja.

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Kukweza mikono m'mwamba

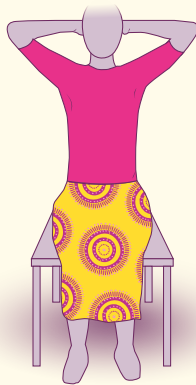
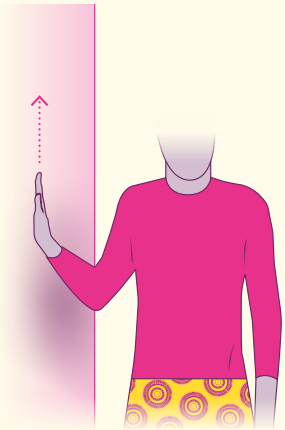
- Tsamirani mpano wanu, ndipo kwezani mikono m'mwamba.



8

Kukankha zigongono

- Khalani pa mpando, manja ikani kumbuyo kwa mutu.
- Zigongono pansi, kenako masukani kwa mutu.



## Zotsatira Pambuyo pa Kuchotsedwa Bere la Khasa



### Pokonzekera opaleshoni:

Tsukani pachifuwa panu ndi sopo ochotsa majeremusi kwa sabata imodzi. Pewani kutsukira sopo wamphwamvu kwambiri.

**Pambuyo pa opaleshoni:** Pitalizani kugwiritsa ntchito sopo ochotsa majeremusi kwa sabata ziwiri atachotsa misoko ya opaleshoni ndipo pewani kugwiritsa ntchito sopo wamphwamvu kwambiri kwa sabata zina ziwiri.

### MAVUTO WODZA KAMBA KA OPALESHONI

- ✓ Ululu
- ✓ Kumva kudwala
- ✓ Kuvulala
- ✓ Kutupa
- ✓ Kusintha kwa Khungu
- ✓ Dzanzi mu chipinda cha opaleshoni
- ✓ Mantha
- ✓ Kulimba kwa phewa

**Ngati kumkhwapa, m'mikono komanso dzala dzatupa, chonde pitandinso ku chipatala mukaonane ndi dokotala.** Kutupa kwa minyewa (Lymphoedema) kumatha kubweretsa vuto kwa nthawi yaitali ndikusintha machiritso anu.

### KODI ZIMATENGA NTHAWI YAITALI BWANJI KUTI UCHIRE?

Bala lanu litha kutenga masabata asanu ndi imodzi (6) kapena asanu ndi atatu (8) kuti muchire.

Zimatenga miyezi ingapo kuti bere kapena dela lokhudzidwalo likhalenso bwino. Kupanga masewera olimbitsa thupi kudzathandiza kuti muchiliretu ndikuyamba kuyendanso kwathunthu maka mbali yokhudzidwayo.

### NDINGAYAMBE LITI KUGWIRA NTCHITO ZANGA ZA NTHAWI ZONSE?

Mutha kuyamba kugwiranso ntchito zanu zaa nthawi zonse pakatha masabata awiri chipangireni operashoni. Munthu aliyese amachira mosiyana siyana, nde osasiya kuziyang; anira bwino nthawi zonse.

Kumayambiliroku, muzigwira pang'onopang'ono mpaka thupi lanu litalimba. Osaiwala kupanga masewera olimbitsa thupi katatu pa tsiku.

Kukhala ndi nthawi yopuma, kudya zabwino monga za Masamba komanso kumwa madzi ambiri kudzathandizira machiritso anu mwachangu.

**Zizindikiro zotsatirazi zitha kusonyeza kuti muli ndi vuto pa bala lanu.**

- ! Khungu limayabwa komanso kumveka kutentha ukamaligwira.
- ! Kufiira mozungulira pa balapo.
- ! Bala limatulutsa madzi.
- ! Kusapeza bwino komanso kumva kupweteka m'thupi.



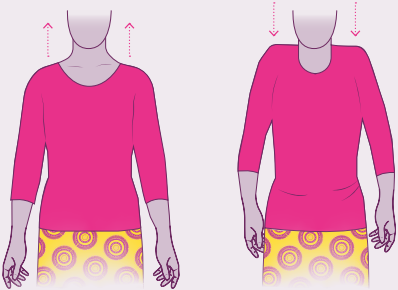
**Ngati mukumva zizindikiro zili m'mwambazi, kaonaneni ndi dokotala. Imfekishoni (mthenda) ndiyoopysa kwambiri ndipo ikhonza kulepheretsa machiritso anu.**

## KUTENTHETSA KOMANSO KUZIZILITSA

1

Kugwedeza mozunguliza mapewa

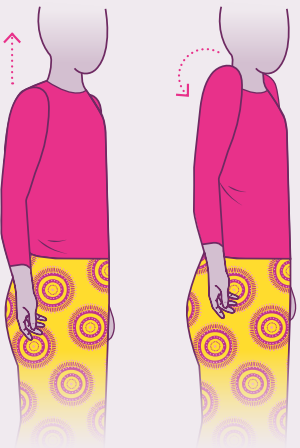
- Kumasula manja.
- Kukweza ndi kutsitsa pansi mapewa.



Kuzungulitsa mapewa

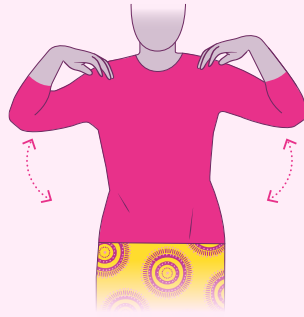
2

- Kukweza mapewa m'mwamba kemako kuwazunguliza kumbuyo ndi pansi.



## MASEWERA OLIMBITSA THUPI OYAMBILIRA (PATATHA SABATA IMODZI YA OPARESHONI)

Osakweza manja mopitilira kutalika kwa mapewa.



3

Kupinda dzanja

- Mikono patsogolo, manja pa mapewa.
- Kugwedeza zigongono mopititsa m'mwamba ndi m'musi.

kapena

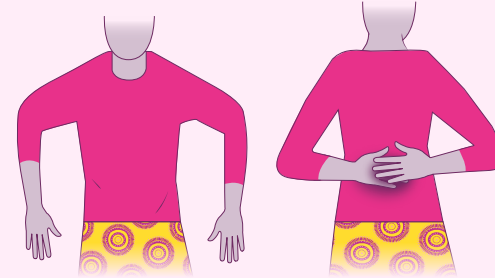
- Manja pa mapewa, zigongono kunjja.
- Kugwedeza zigongono mopititsa m'mwamba ndi m'musi.



Kuzungulira

5

- Manja kumbuyo kwa mutu wanu, zigongono kutsogolo.
- Yendetsani zigongono kunjja ndi mkati.



4

Kukanda kumsana

- Mikono kunjja, pindani zigongono.
- Fikirani m'mwamba kudzera kumbuyo kwanu.

## MASEWERA OLIMBITSA THUPI NDIME YA CHIWIRI (KUCHOKERA POMWE TACHOTSA M'SOKO)

Kwezani manja m'mwamba mopitilira mapewa.

Yambani ndi masewera olimbitsa thupi pang'ongo. Kumbukirani kuika patsogolo zokhudza thupi lanu pamene mukupanga masewera olimbitsa thupi. Ngati mukumva kupweteka, kutupa, kapena zosakhala bwino m'thupi mwanu, siyani ndipo pitani mukaonane ndi adotolo a zaumoyo.



6

Masewera olimbitsa thupi mogwira khoma

Yang'anani ku khoma

- Kuima ndi dzala zakumapazi motalikana ndi phewa.
- Ikani manja onse kukhoma, molingana ndi mapewa anu.
- Mutu wuime mowongoka, maso chitsogolo.
- Pang'onopang'ongo yendetsani manja anu mokweza khoma, ndicholinga chofuna kuwongola manja anu kuti musamve kupweteka.
- Mukafika mulingo oti simungapitirize kukweza, gwirani khomalo (chipupa) ndipo werengani mpaka teni (khumi).
- Mosamala yendetsani manja anu mobwerera ku malo omwe munayambira aja.
- Pamene mukupanga mobwereza bwereza, muziyesetsa kufikirako mulingo wa pamwamba, mozilimbitsa pang'onopang'ono.

