

Atodiad C - Tystiolaeth

Sylwch nad yw hon yn rhestr gynhwysfawr o dystiolaeth.

Dull ysbaddu a/neu docio cynffonnau		
Llawfeddygol	Gall y dull hwn achosi mwy o boen nag unrhyw ddewis arall.	(Lester, et al., 1991; Lester, et al., 1996; Melches, et al., 2007; Mellor & Stafford, 1999; Mellor & Stafford, 2000; Thornton & Waterman-Pearson, 1999)
	Gall anesthetig ar y croen leihau poen aciwt a achosir gan y dull hwn.	(Ferrer, et al., 2020; Lomax, et al., 2010; Paull, et al., 2009)
	Gall NSAID a chwistrellir neu a gymerir drwy'r geg leihau poen aciwt a achosir gan y dull hwn.	(Marini, et al., 2017; Paull, et al., 2009; Small, et al., 2014)
Cylch rwber	Gall y dull hwn achosi poen aciwt sylweddol (i unrhyw oedran) a all bara hyd at 4 awr.	(Dinniss, et al., 1999; Graham, et al., 1997; Grant, 2004; Kent, et al., 1993; Kent, et al., 1995; Lester, et al., 1996; Masłowska, et al., 2020; Molony, et al., 1993; Molony, et al., 2002; Thornton & Waterman-Pearson, 2002)
	Gall y dull hwn achosi briwiau a phoen cronig a all bara mwy na 40 diwrnod.	(Kent, et al., 1997; Kent, et al., 1999; Kent, et al., 2000; Melches, et al., 2007)
	Gall chwistrellu anesthetig lleol leihau'r boen aciwt a achosir gan y dull hwn.	(Dinniss, et al., 1997a; Dinniss, et al., 1999; Graham, et al., 1997; Kent, et al., 1998; Kent, et al., 2000; Melches, et al., 2007; Mellema, et al., 2006; Mellor & Stafford, 1999; Sutherland, et al., 1999; Thornton & Waterman-Pearson, 1999)
	Gall NSAID a chwistrellir leihau poen aciwt a achosir gan y dull hwn.	(Anderson, et al., 2020; Paull, et al., 2009; Paull, et al., 2012; Schllemer, et al., 2021)
Dull cyfun	Gall y dull hwn achosi llai o boen aciwt na defnyddio cylch rwber safonol.	(Graham, et al., 1997; Kent, et al., 1993; Kent, et al., 1995; Kent, et al., 1998; Kent, et al., 2000; Mellor & Stafford, 1999; Molony, et al., 1993; Thornton & Waterman-Pearson, 1999)
	Gall y dull hwn achosi cymaint o boen aciwt ag ysbaddu cylch rwber safonol os nad yw'r wasgfa yn lled llawn.	(Dinniss, et al., 1997a; Dinniss, et al., 1997b; Dinniss, et al., 1999)
	Gall y dull hwn wella'r broses o wella clwyfau a phoen cronig o'i gymharu â defnyddio cylch rwber safonol.	(Kent, et al., 2000; Sutherland, et al., 2000)

	Gall chwistrellu anesthetig lleol leihau'r boen aciwt a achosir gan y dull hwn.	(Dinniss, et al., 1997a; Dinniss, et al., 1999; Graham, et al., 1997; Kent, et al., 1998; Molony, et al., 1997; Thornton & Waterman-Pearson, 1999)
Numnuts	Gall y dull hwn achosi llai o boen aciwt nag ysbaddu cylch rwber safonol a thocio cynffonnau gyda'i gilydd.	(Small, et al., 2020; Small, et al., 2021a; SRUC, Numnuts Project)
	Gall y dull hwn achosi llai o boen aciwt na thocio cynffonnau â chylch rwber safonol.	(Small, et al., 2020; Small, et al., 2021a; Small, et al., 2021b; SRUC, Numnuts Project)
	Gall y dull hwn achosi cymaint o boen aciwt ag ysbaddu cylch rwber safonol.	(SRUC, Numnuts Project)
ClipFitter	Gall y dull hwn (ar gyfer ŵyn llai na 7 diwrnod oed) leihau poen aciwt o ganlyniad i ysbaddu i lefel ŵyn heb eu hysbaddu, sy'n llai na'r hyn a geir wrth ysbaddu â chylch rwber safonol gydag anesthetig lleol wedi'i chwistrellu ac NSAID.	(SRUC, ClipFitter Project)
	Gall y dull hwn (ar gyfer ŵyn 4-6 wythnos oed) achosi mwy o boen aciwt na chlampoo gydag anesthetig lleol wedi'i chwistrellu ac NSAID.	(SRUC, ClipFitter Project)
	Gall y dull hwn achosi cymaint o boen aciwt â thocio cynffon â chylch rwber safonol gydag anesthetig lleol wedi'i chwistrellu ac NSAID.	(SRUC, ClipFitter Project)
	Gall y dull hwn wella'r broses o wella clwyfau a phoen cronig o'i gymharu â defnyddio cylch rwber safonol.	(SRUC, ClipFitter Project)
Bandiau lidocen	Gall y dull hwn achosi llai o boen aciwt na defnyddio cylch rwber safonol.	(Roche, et al., 2024; Ross, et al., 2024; Stewart, et al., 2014)
	Gall y dull hwn achosi mwy o boen aciwt na defnyddio cylch rwber safonol gydag anesthetig lleol wedi'i chwistrellu.	(Stewart, et al., 2014)
Dull ysbaddu yn unig		
Ceillgwd byr	Gall y dull hwn achosi llai o boen aciwt nag ysbaddu â chylch rwber safonol.	(Dinniss, et al., 1997a; Dinniss, et al., 1999; Lester, et al., 1996; Masłowska, et al., 2020; Mellor & Stafford, 2000; Molony, et al., 2002)

	Gall y dull hwn achosi mwy o boen aciwt nag ysbaddu â chylch rwber safonol gydag anesthetig lleol wedi'i chwistrellu.	(Dinniss, et al., 1997a; Mellor & Stafford, 2000)
	Gall y dull hwn achosi mwy o boen aciwt ag ysbaddu dull cyfun.	(Masłowska, et al., 2020)
Clamp	Gall y dull hwn achosi llai o boen aciwt "nad oes modd ei osgoi" na chylchoedd rwber.	(Kent, et al., 1995)
	Gall y dull hwn wella'r broses o wella clwyfau a phoen cronig o'i gymharu ag ysbaddu â chylch rwber safonol.	(Melches, et al., 2007)
	Gall chwistrellu anesthetig lleol leihau'r boen aciwt a achosir gan y dull hwn.	(Durand, et al., 2019; Melches, et al., 2007; Mellema, et al., 2006; Molony, et al., 1997)
	Gall NSAID a chwistrellir leihau poen aciwt a achosir gan y dull hwn.	(Durand, et al., 2019; Mellor & Stafford, 1999; Molony, et al., 1997)
Dull tocio cynffonnau'n unig		
Haeearn poeth	Gall y dull hwn achosi llai o boen aciwt na thocio cynffonnau â chylch rwber safonol.	(Graham, et al., 1997; Grant, 2004; Lester, et al., 1991; Lester, et al., 1996)
	Gall y dull hwn gynyddu'r amser mae'n ei gymryd i uno â'r fam, cynyddu sensitifrwydd y boen a phoen cronig.	(Larrondo, et al., 2019; Lomax, et al., 2010; Lomax, et al., 2013)
	Gall anesthetig sy'n cael ei chwistrellu neu anesthetig argroenol leihau poen aciwt a achosir gan y dull hwn.	(Graham, et al., 1997; Lomax, et al., 2010)
	Gall NSAID drwy'r geg leihau poen aciwt a achosir gan y dull hwn.	(Small, et al., 2014)
Effeithiau oedran		
Ŵyn ifanc	Gall triniaethau poenus yn y 24 awr gyntaf ymyrryd â bondio rhwng y fam a'r newydd-anedig ac amlyncu colostrwm, gan wneud ŵyn yn fwy agored i heintiau angheuol.	(Collins, et al., 1985; Hodgson, 1999; Mellor & Stafford, 2004)
	Mae ŵyn gaiff eu hysbaddu yn un diwrnod oed yn teimlo poen mwy dwys ar ôl docio eu cynffonnau nag ŵyn a gafodd eu hysbaddu yn 10 diwrnod oed.	(McCracken, et al., 2010)

Ŵyn hŷn	Gall ŵyn gwryw newydd-anedig fod yn fwy sensitif i boen na hyrddod hŷn, ac mae ŵyn banw newydd-anedig yr un mor sensitif i boen â mamogiaid hŷn.	(Guesgen, et al., 2011)
	Gall briwiau llidiol ar ôl ysbaddu â chylch rwber fod yn fwy ac yn fwy tebygol o fynd yn septig mewn ŵyn hŷn.	(Kent, et al., 1999)

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