

Tshuaj Pleev Hniav (Fluoride Varnish) thiab Koj tus Menyuum

Tshuaj pleev hniav fluoride varnish yog dabtsi?

- Yog ib co tshuaj tiv thaiv pleev rau sab nraum cov kaus hniav.
- Ib hom kev kho hniav es **tiv thaiv thiab ua kom cov hniav lwj qeeb** (kab noj hniav)

Cov Tshuaj pleev hniav fluoride varnish pab cov kaus hniav li cas?

- Tshuaj pleev hniav fluoride varnish ua kom cov kaus hniav tawv zog thiab kom kab txhob noj.
- Tshuaj pleev hniav fluoride varnish ua hauj lwm nrog cov qaub ncaug los tiv thaiv kom kaus hniav txog yaig los ntawm kaus hniav khub es qab zib.
- Tshuaj pleev hniav fluoride varnish, yog cov tshuaj cov kws siv pleev, tiv thaiv kom txhob muaj kab noj hniav tshiab thiab kom cov hniav txhob lwj ceev ceev los yog txhob lwj phem tshaj.

Puas yuav puaj phais pleev cov tshuaj fluoride varnish rau cov hniav?

- Nws yog ib qho ua sai sai, yooj yim, thiab puaj phais rau cov menyuum txhua tus tsis hais lub hnuv nyoog twg.
- Nws tsis mob.
- Tsuas yog siv tsawg tsawg xwb. Twb yuav luag tsis muaj tshuaj fluoride rau nws nqos.
- Tshuaj pleev hniav fluoride varnish puaj phais rau siv, txawm tias koj tus menyuum twb tau cov tshuaj fluoride los ntawm lwm qhov chaw, xws li cov dej haus, tshuaj txhuam hniav, los yog cov mis hmoov.

Thaum twg cov menyuum yuav tsum muab tshuaj pleev hniav fluoride varnish pleev rau?

- Cov menyuum yuav tsum muab tshuaj pleev hniav fluoride varnish pleev rau thaum lawv cov kaus hniav plhis pib pom tshwm thiab txog ntua thaum thawj tsib lub xyoos. Nrog koj tus menyuum tus kws kho mob tham txog lub sij hawm twg thiab heev npaum cas txog qhov muab tshuaj pleev hniav fluoride varnish pleev rau.

Kom tiv thaiv cov tshuaj fluoride es pleev tas rau tom qab tso cov tshuaj varnish tas rau:

- Nws yeej tsis ua cas noj mov los tau thiab haus dej sov (txhob haus kub kub) los yog haus tej yam dej txias thiab noj cov zaub mov kom muag muag tam sim ntawd tom qab pleev tshuaj tag.
- Noj tej yam zaub mov nplaum nplaum los yog tawv tawv mas yuav tsum zam tsis txhob noj ntev li 24 xuab moo tom ntej nov.
- Cov kaus hniav mas tsis txhob txhuam los yog dig ntev li 24 xuab moo tom ntej nov.

Yuav muaj dabtsi tshwm tom qab muab tshuaj fluoride varnish pleev rau

- Cov kaus hniav tej zaum kuj yuav daj mentsis los yog npub npub mas yuav ntev li 24-48 xuab moo tom ntej nov.
- Koj tus menyuam cov kaus hniav tseem yuav tsum tau txhuam tas mus li, dig hniav, thiab kuaj hniav tas li.

Vim li cas kuv tus kws kho mob/lub tsev kuaj mob ho siv tshuaj fluoride varnish?

- koj tus kws kho mob txhawj txog tag nrho ntawm koj tus menyuam qhov kev noj qab haus huv ntawm nws lub cev— nrog rau lawv lub qhov ncauj thiab cov kaus hniav!
- Cov menyuam yaus yeej mus ntsib lawv tus kws kho mob tas li, tshwj xeeb yog thaum lawv tseem hluas.
- Thaum cov menyuam yaus yuav tsum tau mus kuaj hniav tas li, koj tus kws kho mob yuav kuaj koj lub qhov ncauj seb puas muaj teeb meem thiab muab tshuaj pleev hniav fluoride varnish pleev rau kom koj cov hniav thiaj li tsis muaj kab noj thaum lub sij hawm tsis tau rov qab mus ntsib kws kho hniav. Qhov no yog ib feem ntawm koj tus menyuam daim ntawv kho mob pab them thiab tsis muaj nqi rau koj them.

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Kom tau cov ntaub ntawv no es yog lwm hom format, hu rau: 651-201-3650.