

Daaweynta Fluoride Varnish iyo Ilmahaaga

Waa maxay fluoride varnish?

- Dahaar difaaca ah oo la mariyo ilkaha.
- Daaweyn ilkaha oo **ka hortagto ama dib u dhigeysa in ilkaha ay bololaan** (duleel).

Sidee fluoride varnish u caawisaa ilkaha?

- Fluoride waxay ilkaha ka dhigtaa kuwa xoog badan oo aan duleel yeelan karin.
- Fluoride varnish waxay la shaqeysaa candhuufta si ay dhaldhalaalka ilkaha uga ilaaliso huurada iyo sonkorta.
- Fluoride varnish, oo ah mid si xirfadeysan loo mariyo ayaa ka hortagto in ilkaha ay duleel cusub yeeshaan waxayna hoos u dhigi kartaa ama joojin kartaa in bololka ilkaha ay sii xumaadaan.

Flouride varnish ma mid ammaan ah ?

- Waa dhakhso, fudeyd, oo ammaan u ah ilmaha da' kasta.
- Xannuun ma'aha.
- Qadar aad u yar ayaa la isticmaalaa. Flouride dhan lama liqo.
- Isticmaalka fluoride varnish waa ammaan, xitaa haddii ilmahaaga u ilo kale ka helo fluoride sida biyaha la cabo, daawada lagu cadeeyo, ama caanaha.

Goormaa carruurta loo marin karaa fluoride varnish?

- Carruurta waa in loo mariyo fluoride varnish marka ay ilkaha u soo baxaan iyo illaa shanta sano ee ugu horreysa. Dhakhtarka ilmahaaga kala hadal wakhtiga iyo inta jeer ee la isticmaali karo fluoride varnish.

Si loo ilaaliyo daboolka fluoride kaddib marka la mariyo:

- Waa caadi in la cuno oo la cabo cabitaan diiran ama qabo (aan kululeyn) iyo cunto jilicsan isla daaweynta kaddib.
- Cuntooyinka dhegdhegga leh ama cufan waa in laga fogaado 24 saac ee ugu horreysa.
- Ilkaha waa in la cadeyin ama istakin loo isticmaalin 24 saacda soo socota.

Waxa la filan karo kaddib daaweynta fluoride varnish:

- Ilkaha ayaa laga yaabaa in ay u ekaadaan yara jaalle ama mugdi 24-48 saacadood ee soo socda.
- Ilmahaaga ilkahiisa waxay u baahan doonaan in si joogta ah loo cadeeyo, istakiin loo isticmaalo, iyo in baaritaanka ilkaha la aado.

Muxuu dhakhtarkeyga/rugta caafimaad u isticmaalayaan fluoride varnish?

- Dhakhtarkaaga wuxuu daneynaya caafimaadka guud ee ilmahaaga – oo ay ku jiraan afkooda iyo ilkahooda!
- Carruurta ayaa si joogta ah u booqda dhakhtarkooda, gaar ahaan marka ay yar yihiin.
- In kasta oo ay tahay in carruurta ay helaan baaritaan joogta ah oo ilkaha, dhakhtarkaaga wuxuu ka fiirin doona afka wax cilado ah wuxuuna siin doona si ilkaha ay u ahaadaan kuwa caafimaad leh inta u dhexeysa booqashooyinka. Tani waxay qeyb ka tahay lacagta caymiska ee ilmahaaga oo wax lacag ah lagaama qaadaayo. Dhakhtarkaagu wuxuu kuu gudbin doona dhakhtarka ilkaha haddii aadan heysanin mid wuxuuna wax kaa weydiin doona caadooyinka daryeelka caafimaadka afka ee ilmahaaga.

Waaxda Caafimaadka ee Minnesota
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Si aad xogtaan ugu hesho qaab kale, la xiriir: 651-201-3650.