

Kev Saib Xyuas Koj Tus Me Nyuam Li Hniav

Kev saib xyuas thaum ntxov rau koj tus me nyuam li hniav haj yam zoo. Yog muaj kev saib xyuas qhov ncauj zoo, koj tus me nyuam li hniav tuaj los hniav tsis lwj. Pib los ntawm kev saib xyuas koj tus me nyuam li pos hniav thiab cov hniav. Thaum lawv loj tuaj lawm, qhia koj tus me nyuam kom paub saib xyuas txhuam hniav. Nco ntsoov tias yuav kom hniav thiab pos hniav noj qab nyob zoo yuav tau nquag mus kom tus kws kho hniav ntsuam xyuas.

Kev Txhua Hniav

Khoom noj thiab tej kab mob npev taws lias yuav lo rau ntawm hniav uas hu ua khub hniav. Kab mob npev taws lias khub rau hniav yuav tsim ua rau muaj qhov qaub uas maj mam ua rau tus hniav tawv ntawd yaig (tus plhaub hniav). Thaum tus plaub hniav nyias lawm yuav ua rau khoob qhov, ua rau kab mob npev taws lias nkag mus rau hauv. Qhov no tsim ua rau kab noj hniav. Tsis txhua hniav ces yuav ua rau muaj hniav khub ntau tuaj. Pib tu koj tus me nyuam mos cov pos hniav ob peb hnuv tom qab yug los. Thaum xub thawj, siv dej ntxuav thiab muaj ib daim ntau me-me los txhuam rau. Thaum hniav pib tuaj, siv ib tus pas txhua hniav me-me thiab ib qho tshuaj txhuam hniav me-me los sis luaj li lub txhuv uas muaj tshuaj fluoride los txhuam. Tsuas siv me ntsis xwb vim tias tsam cov me nyuam ho nqos tau cov tshuaj txhuam hniav. Tus pas qhia xyaum txhuam hniav (tsis muaj tshuaj fluoride) los yeej siv tau nyob rau theem no. Nrog koj tus kws kho hniav sib tham hais txog lus qhia siv cov khoom muaj tshuaj fluoride, xws li cov ua kua los sis ua ntsiav. Thaum koj tus me nyuam loj txaus lawm nws paub txhua hniav lawm, soj saib kom paub tseeb tias paub txhua lawm.



Kev dig hniav

Kev dig hniav pab tshem tawm cov kab mob npev taws lias thiab cov khub hniav tawm ntawm cov kis hniav thiab hauv qab tus pos hniav. Dig koj tus me nyuam li hniav txhua hnuv. Thaum koj tus me nyuam loj txaus lawm paub dig hniav lawm, siv tus pas dig hniav muaj txoj hlua los pab lawv dig hniav.

Tshuaj Fluoride

Tshuaj fluoride yuav ua kom tus plhaub hniav khov tuaj. Qhov yog yuav pab tau tsis muaj kab noj hniav. Nug seb cov dej siv hauv koj lub zej zog puas tov tshuaj fluoride rau. Yog tias tsis muaj, nug koj tus kws kho hniav seb koj tus me nyuam puas tsim nyog siv tshuaj cov tshuaj tov fluoride. Koj tus kws kho hniav los kuj siv cov tshuaj fluoride rau koj tus me nyuam cov hniav uas plhis tas lawm thaum mus ntsuam xyuas hniav.

Cov tshuaj tshaws qhov hniav

Cov tshuaj ntsaws qhov hniav yeej nyab xeeb, tsis ua mob, thiab tus nqi pheej yig siv los pab pov thaiv koj tus me nyuam cov hniav pua kom txhob lwj. Yuav vuam ib txheej roj hmab tawv rau ntawm cov hniav uas siv zom ntawm cov hniav pua thiab cov hniav tab meej. Cov tshuaj tshaws qhov hniav yuav ua rau muaj tawv tshooj rau uas yuav pab ua rau cov khoom noj thiab tej kab mob npev taws lias mus tsis tau rau hauv tej kem khoob ntawm tus hniav.

Thaum twg yuav hu rau kws kho hniav

Saib cov hauv qab no:

- **Kab noj hniav.** Tsis txhob cia koj tus me nyuam npuav lub taub tsaug zog. Lub taub muaj cov kua dej (kua mis) uas ntsaws rau hauv qhov ncauj yuav ua rau koj tus me nyuam hniav lwj. Tsis txhob cia koj tus me nyuam haus los sis noj khoom txom ncauj tom qab txhua hniav lawm.
- **Kev npuav taub teg thiab cov txiv mis roj hmab.** Kev npuav taub teg los sis lub txiv mis roj hmab yog yam me nyuam mos ib txwm nyiam npuav. Tab sis yog tias pheej nyiam npuav thaum dhau hnuv nyoog 3 los sis 4 xyoos lawm, nws yuav tsim teeb meem rau hniav los sis kauj tsaim. Yog tias siv lub txiv mis roj hmab, los sis lub txiv mis rau me nyuam npuav ua si kuj zoo rau cov hniav thiab kauj tsaim.

Hu koj tus kws kho hniav yog muaj cov hauv qab no:

- Pib thaum muaj hnuv nyoog 1 xyoos, koj tus me nyuam tsim nyog mus ntsuam xyuas hniav txhua 6 lub hlis.
- Sib tham nrog koj tus me nyuam tus kws kho hniav yog tias cov hniav me nyuam mos liab los sis cov hniav plhis lawm muaj qhov ntxias kaus los sis plhis.
- Hu koj tus kws kho hniav yog tias koj pom muaj qhov daj los sis dub ntawm koj tus me nyuam cov hniav.
- Yog tias tus hniav hle, mus rau lub chaw saib xyuas xwm txheej ceev. Tsis txhob txhuam hniav. Muab tus hniav tsau kua mis kom txog thaum muab ntsaws rov qab rau.

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