

Muab Lub Hwv Tsam Uas Zoo Tshaj Plaws Rau Koj Tus Me Nyuam kom Cov Hniav Muaj Kev Noj Qab Haus Huv thiab Tiv Thaiv Kab Noj Hniav!

Txhawm rau kom muaj cov hniav uas muaj kev noj qab haus huv, nws yog ib qho tseem ceeb los tiv thaiv kab noj hniav.

Kev cam cov hniav tuaj yeem tiv thaiv koj tus me nyuam cov hniavlos ntawm kab noj hniav.

Kev cam tus hniav yog dab tsi?

Kev cam tus hniav yog cov kuab yas cam hniav nyias-nyias uas siv koj los pleev rau qhov uas zom ntawm cov hniav pua.

Kev Cam Cov Hniav:

- Khaws cov zaub mov thiab cov kab mob npev thaws lias kom deb ntawm cov kwj hniav ntawm cov hniav no.
- Tiv thaiv cov hniav los ntawm cov kab mob npev thaws lias thiab cov kua qaub.
 - Cov kab mob npev thaws lias tuaj yeem hloov cov piam thaj thiab cov hmoov txhuv nplej ntawm cov zaub mov kom dhau los ua cov kua qaub uas ua rau cov hniav puas tsuaj thiab ua rau kab noj cov hniav tau.
- Tiv thaiv cov quav hniav, zaub mov, thiab cov kua qaub kom tsis txhob nkag mus tau rau cov kwj hniav pua.

Leej twg thiaj yuav tsum tau cam cov hniav?

Txhua tus me nyuam yaus yuav tsum tau cam cov hniav rau ntawm lawv cov hniav tom qab pom cov hniav pua tshwm kom sai li sai tau. Kev cam cov hniav tsuas tuaj yeem siv tau rau ntawm cov hniav uas tsis muaj cov kwj hniav nkaus xwb. Yog li ntawd nws thiaj tseem ceeb heev uas yuav tsum koj koj tus me nyuam mus ntsib kws kho hniav txhua 6 lub hlis kom cam cov hniav kom sai li sai tau thaum cov hniav pua tshwm tuaj.

Kev cam cov hniav rau ntawm cov hniav yuav ua li cas?

Koj tus kws kho hniav yuav cam hniav rau koj tus me nyuam cov hniav. Kev cam cov hniav siv tau yooj yim, thiab nws tsuas siv sij hawm li ob peb feeb xwb. Tom qab ntxuav tu lawm, kev cam hniav yuav nkag mus rau hauv cov kwj hniav ntawm cov hniav pua, thiab nws yuav khov. Qee lub sij hawm, yuav siv lub teeb tshwj xeeb los pab ua kom kev cam hniav khov. Tus txheej txheem no yuav tsis mob.

Cov cim qhia txog kab noj hniav thaum ntxov

Yog tias koj tus me nyuam muaj cov cim qhia no, koj yuav tsum hu rau koj tus kws kho hniav. Nco ntsoov tias koj tus me nyuam yuav tsum tau mus ntsib kws kho hniav ob zaug hauv ib lub xyos txhawm rau kev saib xyuas li ib txwm.

- Muaj tej tee dawb-dawb ntawm cov hniav.
- Muaj tej lub qhov me-me hauv cov hniav cam.
- Cov hniav rhiab rau cua sov, txias los sis khoom qab zib.
- O rau ntawm lub ntsej muag.
- Mob hauv lub qhov ncauj.
- Mob hniav los sis rhiab heev thaum zom.



Yog tias koj xav tau kev pab nrhiav tus kws kho hniav los sis muaj lus nug txog koj cov kev pab kho hniav, mus saib www.hndental.com los sis hu rau:

cov tswv cuab ntawm Cheeb Tsam Nroog Los Angeles: **1-844-233-4522**

Cov tswv cuab ntawm Cheeb Tsam Nroog Sacramento: **1-833-493-0428**

Sij hawm: 8 teev sawv ntxov txog 5 teev tsaus ntuj sij hawm PT cov siv TDD/TTY tsim nyog nias **1-800-466-7566**.

Hauv paus muab ntaub ntawv thiab lub vev xaib:

Phau Ntawv Qhia Siv txog Kev Kho Hniav Rau Me Nyuam Yaus Kho Zaum Thib 5. Mes Kas Lub Tsev Kawm Kho Mob txog Me Nyuam Yaus (AAPD), www.aapd.org.

Cov ntaub ntawv no tsis yog muab los hloov kev saib xyuas kho mob los sis kev kho hniav. Thov ua raws nraim li koj tus muab kev pab cuam cov lus qhia txhua lub sij hawm.

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