



## **Tshuaj Ntxuav Fluoride (Fluoride Vanish)**

### **Cov lus qhia rau kev kho mob tom qab**

Tsuaj Ntxuav Fluoride (Fluoride vanish) tau siv rau cov hniav niaj hnuv no los pab tiv thaiv cov kab noj hniav. Tsoj kev kho no npog cov hniav thiab xa cov tshuaj fluoride kom zoo. Txhawm rau kom tau txais txiaj ntsig zoo tshaj plaws, thov ua cov hauv qab no:

- Tsis txhob txhuam los yog txhuam hniav tsawg kawg yog 4-6 teev.
- Yog tias ua tau, tos kom txog rau tag kis sawv ntxov kom pib txhuam thiab mas txhuam dua.
- Noj cov zaub mov mos rau hnuv so.
- Tsis txhob haus dej kub thiab cov khoom uas muaj cawv (xws li dej haus, tshuaj ntxuav qhov ncauj, thiab lwm yam) rau hnuv no.

**Koj yuav hnov cov kua roj tshuaj ntawm cov hniav. Kev txhuam thiab txhuam yuav tshem tawm qhov kev xav no nyob rau ob peb hnuv tom ntej no.**

Yog tias koj muaj lus nug, kev txhawj xeeb los sis teeb meem nrog kev saib xyuas tau txais ntawm CDA Cares thov hu rau **916-554-7373**.

## **Cov Lus Qhia Ntxuav Tom Qab**

### **Tsis Xis Nyob:**

Qee cov pos hniav yog qhov qub thiab yuav ploj mus ob peb hnuv. Cov hniav rhiab heev, tshwj xeeb tshaj yog rau qhov txias, yog qhov qub thiab feem ntau txo qis hauv ob peb lub lis piam.

### **Los Ntshav:**

Los ntshav me, (liab hauv koj cov qaub ncaug) tuaj yeem tshwm sim thawj 2 hnuv. Yaug koj lub qhov ncauj 2-3 zaug hauv ib hnuv nrog dej ntsev sov ntawm kev haus. Daim ntawv qhia dej ntsev: Cov tshuaj kuas ntsev kom yaj nyob rau hauv nruab nrab ntawm qhov loj (8-oz) khob dej.

**Tsis txhob haus luam yeeb 7-14 hnuv tom qab ntxuav; Kev haus luam yeeb ncuu kev kho mob.**

### **Kev Saib Xyuas Hauv Tsev:**

Txhuam yam tsawg kawg yog ob zaug ntawm ib hnuv thiab txhuam ib zaug ua ntej pw. Kev siv tshuaj txhuam hniav kuj tseem yuav pab tau.

### **Kev Xaiv Tshuaj:**

Txhawm rau txo qhov tsis xis nyob, noj txhua yam tshuaj tom khw uas koj noj thaum koj mob taub hau. Cov lus qhia:

Ibuprofen 600 mg (Advil los sis Motrin) (600 mg sib npaug 3 tabs ntawm 200 mg ntawm lub khw muag khoom Ibuprofen). Noj txhua 4-6 teev yog tias xav tau rau qhov mob. Tsis txhob tshaj 2400 mg (12 tabs) hauv 24 teev.

### **LOS SIS**

Ntxiv zog cov Tylenol 1000 mg txhua 4-6 teev yog tias xav tau rau qhov mob. Tsis txhob tshaj 4000 mg (8 tabs) hauv 24 teev.