

**COV LUS QHIA TOM QAB KEV PHAIS QHOV NCAUJ**

1. Yog tias koj muaj teeb meem loj tom qab phais los sis xwm txheej kev kho hniav, thov hu rau peb tam sim ntawm **916-554-7373.**
2. **Tshuaj loog f**eem ntau tawm ntawm daim di ncauj, cov hniav thiab tus nplaig loog tom qab kev kho hniav: **tsis txhob zom thiab kua dej kub** kom txog thaum loog loog los tiv thaiv kev raug mob.
3. Kev noj ibuprofen (piv txwv li Motrin) ua ntej txhua qhov loog yuav ploj mus tuaj yeem pab txo qhov mob / os.
4. **Kub thiab siab rhiab heev**, nrog rau cov pos hniav mob, yuav tsum tau nyob rau ob peb hnub tom ntej no. Ib txoj hauv kev zoo tshaj plaws los txo qhov tsis xis nyob thiab o yog **kom yaug qhov ncauj nrog dej ntsev sov sib tov** \* tsawg kawg peb zaug hauv ib hnub. Sib tov 1 teaspoon ntsev nrog 1 khob dej sov - gargle, yaug, thiab nti kom txog thaum sib tov tag.
5. Tsis txhob noj cov khoom nplaum, chewy, los sis cov khoom noj nyuaj, nrog rau cawv thiab haus luam yeeb, rau lub sij hawm tom qab ua tiav; haus dej ntau thiab noj softer, noj zaub mov ntau dua los pab koj lub cev kho cov txheej txheem.
6. Kev tu lub qhov ncauj kom zoo thiab tsis tu ncua yog qhov tseem ceeb los pab koj lub qhov ncauj zoo, nrog rau kev tiv thaiv cov teeb meem hniav tom ntej. [Ua tib zoo txhuam thiab txhuam koj cov hniav ob zaug ntawm ib hnub](http://www.josephstandds.com/Cleaning-and-Maintenance.aspx).
7. **Tom qab tshem tawm cov hniav, nws yog ib qho tseem ceeb uas yuav tsum muaj cov ntshav txhaws** nyob rau hauv cheeb tsam ntawm kev tshem tawm (qhov no yog ib qho ntawm cov laj thawj vim li cas koj yuav raug qhia kom khaws cov ntaub qhwv tshiab ntawm thaj chaw).
8. **Tsis txhob haus luam yeeb, nqus rau ntawm pas**, ntxuav cov hniav nyob ze ntawm qhov kev tshem tawm, los sis yaug lub zog kom tsawg kawg 24 teev tom qab qhov txheej txheem. Maj mam kiv, tsis txhob tshuab nqus dej, ntsev sov (3/4 teaspoon ntawm cov ntsev, 1 khob dej)
9. **Cov neeg hnav hniav tshiab** yuav tsum ua raws li kev saib xyuas thiab tu cov lus qhia - kev tu kom zoo yog tsim nyog rau cov hniav hniav thiab kev noj qab haus huv ntawm qhov ncauj.
10. **Ua kom tiav tag nrho cov tshuaj tua kab mob uas tau muab rau koj, raws li qhia.**

**YAM UAS KOJ XAV UA THIAB YUAV TSUM TAU UA**

* 1. Cov ntshav tuaj yeem txuas ntxiv mus rau lub sij hawm luv luv los sis tuaj yeem txuas ntxiv mus txog hnub tom qab. Khaws lub siab maj mam los ntawm kev tom ntawm cov ntaub qhwv pob kom txog thaum nws nres. Tsis txhob zom ntawm lub hnab. Yog tias ntshav pib dua, muab cov ntaub qhwv, ib daim ntaub ntxuav huv, los sis ib lub hnab ntub dej rau ntawm qhov chaw los ntshav thiab tom nws nrog lub zog ruaj khov rau ib teev. Yog hais tias los ntshav los yog lwm yam teeb meem tshwm sim, thov hu rau [**916-554-7373 ib**](http://www.josephstandds.com/Contact-Us.aspx).
  2. Qee qhov kev mob os thiab tsis xis nyob yog xav tau. kev hloov xim thiab me ntsis txhav ntawm lub puab tsaig tuaj yeem yog qhov qub. Tsis txhob ceeb. Kev o yuav tsum nyob rau hnub thib ob thiab yuav kav ntev li ob peb hnub. Ib qho mob caj pas los sis lub qhov ntswg muag kuj tshwm sim.
  3. Tsis txhob txhuam koj cov hniav los sis yaug koj lub qhov ncauj kom txog thaum sawv ntxov tom qab kev phais.
  4. Feem ntau cov kev xaws yaj los ntawm lawv tus kheej thiab cov me me yuav tawm li ntawm 4-6 hnub tom qab kev phais.
  5. Noj cov zaub mov zoo ib hnub tom qab kev phais. Nws tseem ceeb heev uas koj zom. Lub puab tsaig yuav khov sai heev yog tias tsis siv. Kev noj zaub mov kom zoo yog qhov tseem ceeb rau txoj kev kho mob.
  6. Kev tu hniav zoo yog qhov tseem ceeb thiab yuav tsum tau pib hnub tom qab kev phais. Txhuam koj cov hniav kom zoo, thiab pib maj mam yaug nrog dej ntsev sov.