



Me nyuam yaus txoj kev noj qab huv ntawm qhov ncauj

Cov cwj pwm them yog qhov tseem ceeb rau txoj kev noj qab haus huv ntawm cov hniav!



Yam koj ua:

Lub hauv paus muaj zog yog qhov tseem ceeb rau kev ua lub neej nyob txog rau txoj kev noj qab haus huv ntawm qhov ncauj. Pab koj tus me nyuam txhuam hniav thiab siv cov xov txhuam hniav txhua hnuv kom txog thaum lawv tuaj yeem txhuam tau ntawm lawv tus kheej lawm tso. Txhawb kom koj tus me nyuam looj qhov pov thaiv lub qhov ncauj thaum lub sij hawm ua hauj lwm, thiab nco ntsoov tias cov me nyuam yaus nyiam ua raws li qhov qauv piv txwv: Yog li ntawd nco ntsoov txhawb nqa tus cwj pwm zoo los ntawm kev ua qauv rau koj tus kheej!



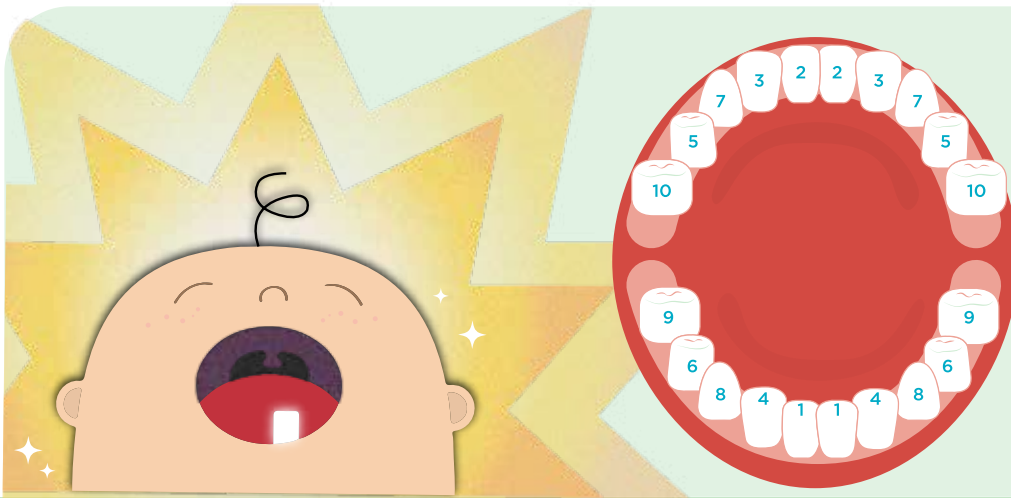
Yam koj noj:

Cov khoom noj khoom haus tsis yog tsuas tias txoj kev noj qab nyob zoo rau cov me nyuam lub cev loj hlob nkaus xwb, tab sis kuj tseem yog rau lawv cov hniav thiab. Qhov no txhais tau hais tias cov niam txiv yuav tsum saib qhov tseem ceeb ua ntej ntawm tus xwj pwm kev noj zaub mov zoo. Xov zaub mov thiab dej haus uas muaj qab zib tsawg pab tiv thaiv kab noj hniav ntawm me nyuam yaus. Txhawb kom koj tus me nyuam haus cov dej uas muaj cov fluoride es tsis yog dej soda, kua txiv hmab txiv ntoo los sis lwm yam dej qab zib muaj piam thaj.



Kev saib xyuas tiv thaiv:

Kev saib xyuas tiv thaiv yog qhov tseem ceeb rau kev ua kom lub qhov ncauj muaj kev noj qab nyob zoo. Kev mus ntsib kws kho hniav yam tsis tu ncuu rau cov me nyuam yaus feem ntau suav nrog kev saib xyuas tiv thaiv, xws li cov tshuaj lo qhov hniav thiab kev kho mob nrog fluoride, uas tiv thaiv me nyuam cov hniav kom txhob muaj hniav lwj thiab kab noj hniav. Kev saib xyuas kev tiv thaiv feem ntau yog tau txais kev duav roos los ntawm ntau cov phiaj xwm kev tuav pov hwm kho hniav.



Thaum twg koj thiaj tuaj yeem xav tias koj tus me nyuam cov hniav tuaj?

Thaum 4-7 lub hlis, cov hniav yuav pib tawm. Thaum muaj hnuv nyoog 3 xyoos, yuav tuaj tag nrho 20 tus hniav thawj zaug. Daim duab nyob rau sab laug qhia txog qhov kev txiav txim uas tus me nyuam cov hniav feem ntau yuav tawm.



The Power of Smile™

Kawm paub ntxiv txog seb koj qhov kev nojqab haus huv ntawm qhov ncauj txuas rau koj qhov kev noj qab haus huv tag nrho ntawm: Blog.DeltaDentalMN.org



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