

# Cov Tshuaj Kuaj Nyiaj Txhuam Hniav (Silver Diamine Fluoride)

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Tej zaum koj kuj hnov txog cov kev pab kho hniav no thiab xav seb nws puas raug koj lossis koj cov menyuam. Txhawm rau paub ntau ntxiv, thov nyeem txuas ntxiv!

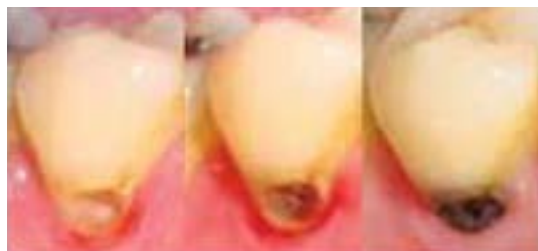
## SDF yog dab tsi thiab vim li cas thiaj siv haujlwm tau zoo?

Tshuaj Nyiaj Txhuam Hniav (Silver diamine fluoride (SDF)) yog ib yam tshuaj kho mob tau siv los ua kom cov hniav tsis mob thiab tsis puas rau cov hniav uas ib txwm muaj los yog cov hniav ntsia tshiab.

SDF yog cov kua tshuaj muaj xim tsawg uas muaj cov kuaj nyiaj thiab cov tshuaj fluoride sib xyaw.

Cov kua nyiaj tiv thaiv kaus hniav yog cov uas nrov npe, nrog rau cov tshuaj fluoride muaj rab peev xwm los kho cov hniav uas tau ntsib kev puas tsuaj. Thaum muab ob hom tshuaj no los sib xyaw ua ke tuaj yeem siv los kho tiv thaiv cov kaus hniav kom tsis txhob puas thiab ua rau cov kaus hniav khov kom txog thaum lub sij hawm uas tus kws kho hniav pom tias yuav tau txais kev kho hniav lwm yam ntxiv.

Thaum siv rau tus kaus hniav uas puas, SDF yuav kho cov cag ntawm tus kaus hniav, kho tej qho hniav uas kab noj lossis tej qho ntawm tus hniav uas muaj xim dub. Tsis tas li ntawv xwb, kev cuam tshuam los ntawm kev siv cov tshuaj kua nyiaj tiv thaiv cov kaus hniav, kho cov kaus hniav yuav tau txais qee yam kev tiv thaiv hniav lub cev. Qhov uas zoo tshaj plaws rau kev siv SDF yog tab tom muaj kev tshawb fawb, thiab hla feem pua kev ua tiav ntau tshaj, lawv tseem tsis tau yog 100%. Kev tshuaj xyuas tas li yog ib qho tseem ceeb, tsis yog kev txiav txim siab seb puas rov qav tau kev siv tshuaj SDF kho hniav dua xwb, tab sis kuj tseem ntsuas seb puas muaj lwm yam kev pab ntxiv lossis kev xaiv kho hniav uas xav tau.



## Thaum twg thiaj mam siv SDF?

SDF yog ib yam tshuaj tiv thaiv txhawm rau tuav tswj cov kaus hniav kom tsis txhob puas thiab tuaj yeem siv rau tus hniav uas tsis hnob mob lossis tsis xis nyob. Nws yog ib qho muaj txiaj ntsig zoo rau kev saib xyuas cov hniav rau cov neeg uas muaj qhov nyuaj rau kev tau txais cov kev kho hniav ntxiv vim yog lawv lub hnub nyoog, teebmeem kev coj tus cwj pwm, lossis lwm yam kev kho mob. Thaum siv tau nrog txhuaj yam kev kho hniav, kev txiav txim siab rau qhov kev kho hniav zoo tshaj plaws thiab cov kev pheej hmoo, cov txiaj ntsig, thiab cov kev xaiv rau txhua txoj hauv kev xaiv yuav tau muaj kev sab laj nrog koj tus kws kho hniav.

## Puas muaj lwm yam mob tshwm sim los ntawm kev siv SDF?

SDF yog yam tshuaj muaj kev nyab xeeb heev thiab qhov muaj mob cuam tshuam yog tsawg heev. Txawm li cas los xij, nws tshuav tej yam khub dub ntawm qhov uas raug kov, yog li cov nqaij hauv lub qhov ncauj yuav hnob rhiab thaum lub sij hawm siv cov tshuaj SDF. Tsis tas li ntawv xwb, nws yuav ua rau hnob khaus yog tias cov tshuaj mus raug rau qhov nqaij to ntawm lub qhov ncauj. Tag nrho ob qho no tsuas yog tshwm sim ib pliag xwb.

Yog koj xav tias koj lossis ib tus neeg hauv tsev neeg yuav muaj mob hniav thiab xav tias SDF yog ib txoj kev xaiv rau koj, tham nrog koj tus kws kho mob koom nrog CDA kom paub ntau ntxiv!