

Tilmaamaha Daryeelka Ubadka Daweynta ka dib

5% sodium fluoride varnish ayaa maanta la mariyey ilkaha ubadkaaga. Daweyntani waxey si badbaado leh u gaarsiisaa fluoride iyo nooc ilkaha dushooda lagu dahaaro. Si aad habkaa uga faa'iideysato, fadlan raac talooyinka soo socda:

- Ha cadayanin hana findhicilan ugu yaraan 4-6 saacadood.
- Haddey suurogal tahay, sug illaa berri subaxi ka dibna billow cadeyga iyo findhicilashada.
- Qaado raashin jilicsam inta manta ka dhimman
- Iska ilaali cabbitaan kulul iyo wixii alkolo lehba (tusaale; cabitaannada, dawada lagu luqluqdo, IWM.) wixii manta ka dhiman.

Ubadkaaga wuu/wey dareemmi doonaa/doontaa ilkaha la mariyey VARNISH. Marka la billaabo cadeyga ama findhicilashada, VARNISH-ka wuu ka tirmi doonaa ilkaha dhowrka maalmood ee soo socda.