



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

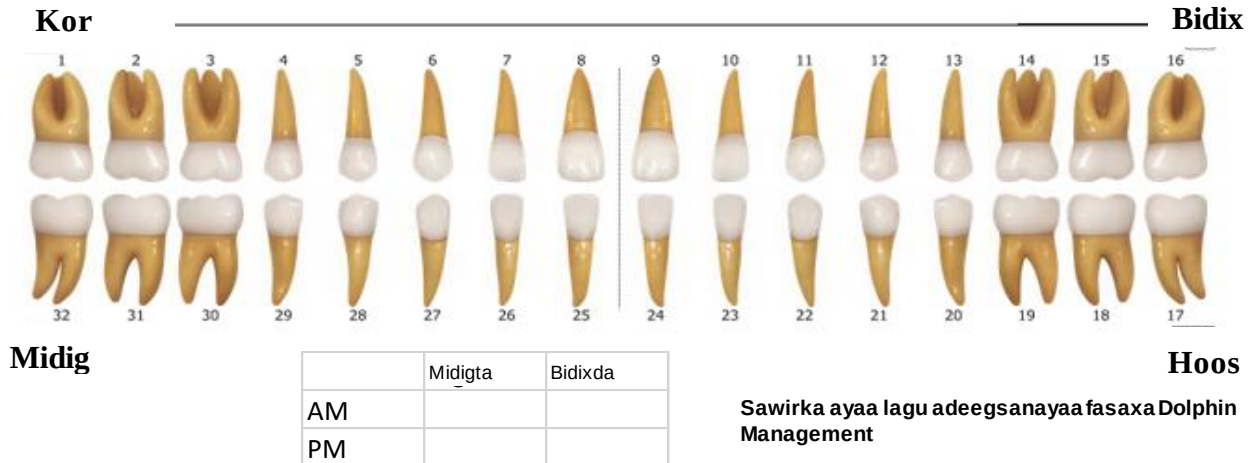
Helping Hand™

Health Education for Patients and Families

Qurxinta ilkaha: Xirashada Laastiiga Ilkaha Orthodontics: Wearing Dental Elastics (Somali)

Laastiigyadu waa cinjiro yaryar oo laga dul xidho ningaxa ilkaha. Waxay kaa caawinayaan in aad ilkaha dhaqdhaqaaqiso aadna wax ku qaniinto meesha ugu wanaagsan. Waan ku tusi doonnaa adigga ama cunugaaga sida sida loo galiyo loogana bixiyo laastiigyada meesha. Marka la muraajaceeyo, galinta iyo siibida laastiigyadu aad ayay u fududaanaysaa.

Shaxda hoose avaa ku tusaysa meesha aad u baahan tahay inaad galiso laastiigyadaada.



- Waan kuu sheegi doonnaa sida iyo goorta aad xiranayso laastiigyada.
- Badal laastiigyadaada si joogto ah. Haddii laastiig go`o, badal isla markaba sida suuragalka ah.
- Hayso laastiigyo dheeraad ah mar kasta.

- Waxaad heli doontaa laastiigyo balan kasta. Haddii aad u baahan tahay laastiig dheeraad ah, waydii kaaliyaha.
- Haddii laastiigyadu kaa dhamaadaan, wac xarunta caafimaadka sida ugu dhakhsaha badan ee macquulka ah.
- Iska siib laastiigyada si aad u cuntayso, u cadayato ama aad u findhicilato. Dib u gasho marka aad dhamayso.
- Waad xiran kartaa laastiigyadaada intaad ku jirta shaqooyinka, sida heesida, dheesha iyo ciyaarida ciyaaraha.
- Iska siib laastiigyadaada marka aad xiranayso difaaca afka. Dib u gasho kadib marka aad iska siibto difaaca afka.

Haddii aad qabto wax su'aalo ah, weydii dhaqtarka ilkaha ee canugaaga ama kaaliyaha.