



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

Helping Hand™

Health Education for Patients and Families

Qurxinta ilkaha: Xirashada Qalabka Ilmaha Kala xira Orthodontic: Wearing Separators (Somali)

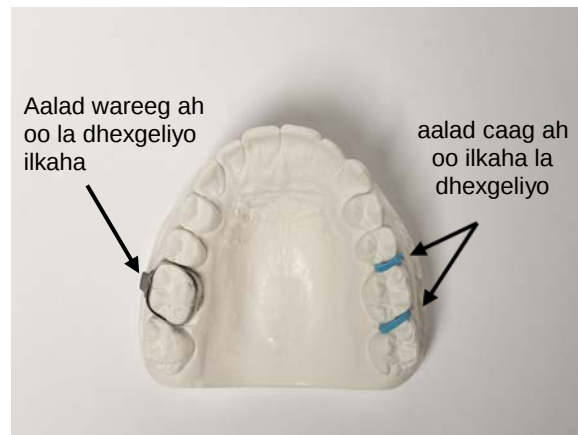
Qalabka kala xira ilkaha wuxuu kala fogeeyaa afka si loogu xiro aalada ilkaha ka ilaalisa inay isku qasmaan. Qalabka kala fogeeya ilkaha waa aalad yar oo caag ah oo la dhexgeliyo dhexda ilkaha cunugaaga (Sawirka 1 aad). Qalabka kala fogeeya afka wuxuu kala durkiyaa ilkaha, si loo helo meel la geliyo aalada ilkaha ka ilaalisa inay isku qasmaan.

Marka koowaad waxaad dareemi doontaa cadaadis marka lagu xiro aalada kala xirta ilkaha. Waxay u badan tahay inaad dareemi doonta xoogaa xanuun ah ama dareen ah dhowrka maalmood ee koowaad maadaama ilkahaagu sameynayaan dhaqdhaqaaq.

Dareenkaas caadiyan wuu iska baaba'aa. Waa caadi haddii aad isbadel ku aragto qaabka aad wax u qaniini jirtay marka ay kuu xiran yihiin qalabka kala xira ilkaha.

Marka ay uu kuu xiran yahay qalabka kala ilaaliya ilkaha:

- Cun cunto jilicsan, oo qaboow ah haddii ilkahaaga ama qaabka wax aad u qaniinayso aysan caadi ahayn.
- Sida caadiga ah u caday ilkahaaga. Ha fandhicilin ilkaha gaar ahaan meesha qalabka kala xira ilkaha ku xiran yahay.



Sawirka 1 Qalabka kala xira ilkaha: caaga baluuga ah ee ku xiran dhanka midig. aalada wareega ah ee ilkaha lagu xiro waxay ku xiran tahay dhanka bidix.

- Qaado daawada lagu gado farmashiyada (OTC) ee xanuunka baabi'isa sida ibuprofen (Motrin[®] ama Advil[®]) ama acetaminophen (Tylenol[®]) haddii aad u baahato.
- Tag dhammaan balamaha aad la leedahay dhakhtarkaaga ilkaha.
- Ha soo saarin ama soo bixin qalabka kala xiraaya ilkaha.
- Ha cunin cuntooyinka dhex gala ilkaha ama la ruugo sida xanjada, nacnaca, ama macmacaanka karameelka.

La xariir Barnaamijka Daaweynta Ilkaha adoo kala xariiraya (614) 722-5602 haddii qalabkaaga ilkaha kala xiraaya ay soo dhacaan kahor inta aan la gaarin balantaada xiggta.

Haddii aad qabto wax su'aalo ah oo ku saabsan qalabka kala xira ilkaha, waydii dhakhtarkaaga ilkaha ama kaaliyahiisa.