

# QHov UA TAU THIAB UA Tsis TAU rau COV POB XOO LIAB

Ntau yam ua rau muaj pob xoo liab. Kev khawb lub pob xoo liab tuaj yeem ua rau kis mob tau. Yog koj muaj ib lub pob xoo liab ces mus ntsib ib tug kws txawj kho tawv nqaij lossis mus ntsib koj tus kws khomob  
Qhov ua rau muaj pob xoo liab yog dab tsi. Tus kws khomob yuav pab koj nrhiav cov hau kev kho qhov pob xoo liab tau zoo tshaj. Qee yam uas tus kws khomob yuav qhia yog:



**Sim siv hom tshuaj kho kev fab tshuaj xws li**

**Benadryl®** (diphenhydramine\*)

Yog khaus rau yav hmo ntuj yuav ua rau koj pw tsis tsaug zog.

*\*Ua raws li cov lus qhia siv thiab qhov yuav siv ntau npaum li cas.*



**Tso cov hmoov nplej xyaws ntxiv** xws li AVEENO® Hmoov Nplej Oilated xyaw dej sov rau hauv lub dab dej, thiab muab tsau ib pliag.



**Maj mam ntxuav lub cev** lossis siv tshuaj ntxuav xws li Dove® tso hauv lub taub tsuag dej.



**Siv cov tshuaj tsis muaj ntawv yuav tshuaj 1% tshuaj kua nplaum hydrocortisone/tshuaj pleev qhov kiav txhab** ob zaug hauv ib hnuv (siv tom qab da dej lossis tsuag dej tag) kom ntev tsawg kawg 4-5 hnuv.



**Siv ib hom tshuaj pleev zoo** (xaiv hom tshuaj kua nplaum, ua kua roj, lossis yam khoom xyaws roj av) pleev rau qhov ua pob xoo liab. Ib hom tshuaj zoo yog Aquaphor® Ib Hom Tshuaj Zoo Pleev Qhov Kiav Txhab.



**Siv tshuaj thiab dej ntxuav lub qhov kiav txhab kom huv.**



**Ua raws li cov lus qhuab qhia ntawm tus kws kho tawv nqaij lossis tus kws khomob.** Kev tshuaj xyuas qhov mob tau zoo yog tseem ceeb vim yuav pab kho qhov pob xoo liab tau zoo.



**Tsis txhob siv cawv so koj daim tawv nqaij.** Nws yuav pab tsis tau thiab tsis tuaj yeem tua cov kab mob bacteria tau, nws yuav ua rau mob, ua rau koj daim tawv nqaij qhuav thiab ua rau cov pob xoo liab to thiab mob.



**Tsis txhob siv tshuaj da dej ua thooj.** Cov tshuaj da dej ua thooj tuaj yeem ua rau koj daim tawv nqaij qhuav.



**Tsis txhob siv tshuaj ua kom dawb lossis tshuaj hydrogen peroxide ntxuav qhov kiav txhab to.** Cov no yuav ua rau qhov ua pob xoo liab mob ntxiv thiab ua rau tsis zoo.



**Tsis txhob siv tshuaj pleev tiv thaiv duab tshav ntuj.** Cov tshuaj no yuav txav mus rau lwm qhov tau yooj yim tab sis tsis ua rau noo yog piv rau tshuaj kua nplaum, ua kua roj, lossis yam khoom xyaw roj av.



**Tsis txhob siv hom tshuaj pleev tiv thaiv kab mob** xws li NEOSPORIN®. Nws yuav tua tsis tau cov kab mob bacteria uas kis mob rau daim tawv nqaij tau thiab tej zaum nws yuav ua rau fab tshuaj rau daim tawv nqaij vim los ntawm ib hom sib xyaw nrog hom tshuaj no.

Cov ntaub ntawv no sau raws li cov lus qhuab qhia los ntawm Dr. Walter Barkey, MD, ib tug thawj kws khomob uas muaj ntaub ntawv yog Tus Kws Kho Tawv Nqaij thiab Kho Mob Hauv Lub Nroog Genesee.

Dr. Barkey ua haujlwm rau hauv Flint, Michigan (6-2016)