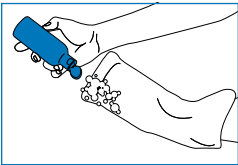


UkuNxiba nokuKhathalela

Ukucoca kunye nokuKhathalela uMaleko Wakho neSijungqe seLungu loMzimba

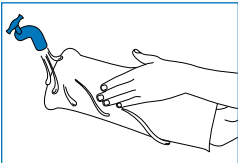
UkuCoca uMaleko

Inyathelo 1: WuKhulule uze uwuHlambe uMaleko



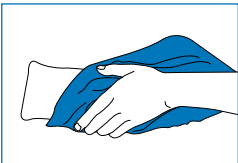
Qala ngokukhulula umaleko uze uwuguqule umphakathi ube ngaphandle ukuze kubonakale umaleko wesilikhoni. Wuhlambe ngamanzi ashushu usebenzisa isepha ethambileyo, engena-pH.

Inyathelo 2: Wuhlambululise



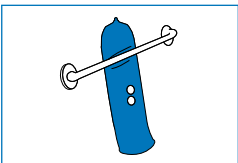
Emva kokuwuhlamba, wuhlambulule ngocoselelo ngamanzi ashushu acocekileyo. Eli nyathelo libalulekile ekuseni nayiphi na intsalela yesepha, enokubangela ukurhawuzelelwa kwesikhumba. Ukuba uyathanda, unokuphinda uwuhlambe nangomatshini kubushushu obuyi 40 ° C umaleko usebenzisa isepha engekho rhabaxa, kodwa ukuthintela ukuguga kwikhava yelaphu musa ukwenza oku yonke imihla. Ungaze usebenzise izinto ezithambisa ilaphu, iblitshi, okanye iimveliso zokucoca ezirhabaxa, njengoko zingonakalisa umaleko.

Inyathelo 3: Womise uwuHole uMaleko



Emva kokuwuhlamba ngamanzi acocekileyo, womise umaleko kumacala omabini usebenzisa itawuli engenantshontshi. Eli lithuba elihle lokujonga nawuphi na umonakalo okanye ukuguga, njengeempawu zokukrazuka, ukugqabhuka okanye imikrwelo kumphezulu. Kaloku ezi ngxaki zinokuchaphazela ukusebenza komaleko kwaye zikhokelele kwiingxaki zolusu. Ukuba ubona umonakalo othile, xelela ingcali yakho yamalungu afakelwayo ngokukhawuleza.

Inyathelo 4: UkuLungiselela ukuwuSebenzisa kwiXa eliZayo



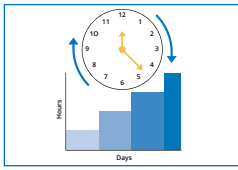
Ungawusebenzisa kwakhona umaleko wakho emva kokuwuhlamba; akunyanzelekanga ukuba uwomise ubusuku bonke. Qinisekisa ukuba uyawuphendulela umaleko wenze ukuba ikhava yelaphu ibe ngaphandle ngokukhawuleza kangangoko kunokwenzeka. Wuxhome ukuze ubethwe ngumoya, kwindawo efana neyokoneka itawuli. Yenza ukuba umaleko ungadibani neglasi, amalaphu ekhabhoni, okanye amanye amasuntswana angeyoxalenye yawo, njengoko oko kunokubangela ukurhawuzelela kolusu. Kananjalo, musa ukushiya umaleko uguqulelwe kwicala langaphandle ixesha elide okanye uwubeke esichengeni sobushushu obugqithisileyo okanye elangeni.



Bukela Ividiyo

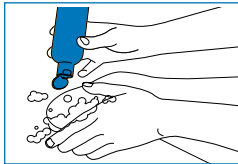
UkuKhathalela uMaleko nesijungqe seLungu lakho loMzimba

Ukuziqhelanisa



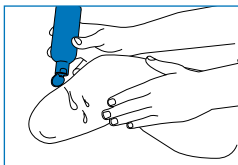
Ukuba unxibe umaleko wakwaÖssur okokuqala okanye ufumene omnye, kubalulekile ukuzifumanisa ixesha lokuziqhelanisa. Qala ngokunyusa kancinci kancinci ixesha lokunxiba umaleko, ngokongeza iyure ngexesha ngalinye. Oku kunceda ulusu lwakho ekuziqhelaniseni noxinzelelo olutsha. Zive ukhululekile ukuthatha ukuphumla xa kukho imfuneko, kwaye emva kweveki yokuqala, umaleko wakho unokuwunxiba ixesha elide kangangoko uthanda.

UkusiCoca Yonke iMihla



Ukusihlamba yonke imihla isijungqe selungu lakho lomzimba kubalulekile kwimpilo yolusu. Sebenzisa isepha engamanzi ethambileyo ene-pH efanelekileyo, engenavumba, nengenadayi. Oku kuqinisekisa ukuba ulusu lwakho luhlala lucocekile lungenanto yenza ukuba lurhawuzele. Khumbula, umaleko ococekileyo linyathelo lokuqala elisingisa kwilungu lomzimba elisempilweni!

UkuFuma noKhathalelo loLusu



Ukunyakama okufanelekileyo kubalulekile ukuze ulusu lube sempilweni. Qaba isithambiso esixutywe namanzi ngokuhlwa ukondla nokwenze ukuba ulusu lwakho luthambe. Nangona kunjalo, musa ukusebenzisa isithambiso msinyane phambi kokuba ufake umaleko wakho, njengoko oko kunokubangela ukuba umaleko utyibilike. Ngaphezu koko, sela amanzi amaninzi kwaye ucinge ngokusebenzisa izinqandikubila ukulawula ukubila, nto leyo inokunceda ekukhuseleni iingxaki zolusu.

Zithathele iNgqalelo iiNgxaki zoLusu: Ukuba ubona nabuphi na ububomvana, sebenzisa ikhrimu yerhashalala ngokuhlwa. Kulosulelo lwebhaktheriya, yeka ukuwusebenzisa umaleko ngoko nangoko uze ubonisane nengcali yakho yamalungu afakelwayo okanye ugqirha wakho ukuba loo ngxaki iyaqhubeka okanye ikhokelela ekubeni namanxeba avulekileyo. Khumbula, iimveliso zekhaya eziqhelekileyo ezinjengesepha, izibulalivumba, kunye neziqholo zinokukwenza mandundu ukurhawuzelela kolusu, ngoko ke zikhethe ngobulumko iimveliso zakho.



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