



Wanem po mekem apta dental serzari

Care after dental surgery – Torres Strait Creole

Dis pakt peipa i po dem pipol uda bin gede dental serzari ane em i gibe impomeisan baut wanem i ken apen wail yu kamgud apta serzari, wiskain po stap ting prom go rong ane wanem po mekem ip samting i go rong.

Dental serzari i ken apen po dem tit, dem sopt eria ane dem ad eria de raun wea da maut.

Wanem i go apen apta dental serzari?

Da maut i kamgud kuikwan ane most taim i nogad problem. Samtaimz i gad problem bikoz da maut i blo kaikai and tok. And em ken kam sik bikoz yu kan kipe da maut prapa klin.

Apta dental serzari i pinis dat nam piling i ken stap de po piu aua. Mait maut blo yu i go pil nugud ane swelap wea dis taim. Yu go pil soa bikos da dentist bin mubemraun sam dem pat insaid maut. Mait yu go gad lelbet blad i ran po piu aua. Diswan i go meke da spet lelbet red. Bat i go kamgudgen raitap til ebriting i raitgen.

Wanem ai ken mekem po stape demkainting prom apen?

Ip yu pole demting ya, yu ken stape dem problem wase pein, swelap, inpeksan ane bliding:

- Dat blad klot wanem i pas wea da kat i impotent. Em i stape inpeksan, elpe dem niu eria po grogen, ane em i satemap da kat. Yu no wande tekemaut da klot so yu mas no wase da maut po dem pas 4 aua apta serzari.
- No meke eniting po wan dei. Stap kuait.
- No leidaun plat. Ip yu kipe ed blo ap i go elpe po stape bliding.
- No pute pingga, pensil o eni nadating insaid maut.

- No bait o sak dat lip o maut o tang pat wea i nam. Em i impotent po spik diskain po dem pikinini.
- No smok o dringk alkol bikoz diswan i mekem slouwan po maut po kamgud.

Wen yu kaikai, pole dem aidia ya:

- Kaikai sopt elti kaikai wase eg, mins mit, siz, kastad, milk, sup o prut zius.
- Kaikai wanem yu kaikai wea da nadasaid blo maut blo yu prom dat kat.
- No dringk o kaikai eniting wanem i ot.
- Wea iziwei wase maut blo yu apta yu kaikai. Yuze lelbet salt wea wom wata wen yu wase maut blo yu.

Ip i gad problem wanem ai mas mekem?

Ip i gad problem i go bi diskain, pein, swelap, inpeksan ane bliding.

- **Pein:** Stape pein bai teke paracetamol pein tablet. Swelemdaun da seimwei yu oltaim tekem. No putem wea da kat. Ip pein i stap de o kam mobad, go baigen po da seim serzari. I izi po kontrol dat pein.
- **Swelap:** Sam swelap o ad po opene maut apta serzari, bat diswan i go stat po godaun apta wan o tu dei. Ip dat swelap i i mata stap de, den gobaigen po dat seim serzari.
- **Inpeksan:** Yu mait gad inpeksan ip dat pein o pipa o swelap i stap de. Inpeksan i ken spred ane stape dat kat prom kam gudgen. Ip yu tingk yu gad inpeksan den gobaigen po dat seim serzari po gede adbais.

- *Bliding:* Ip dat kat i kip blid den samting i rong. Ip em i kip blid den pute klin, wet smol bandiz, o klin angsip wea da kat. Kipe da bandiz wea em spostu bai kloze maut. Kipem diskain po ten minit. Ip i kip blid no stap, den ringap dat seim serzari. Ip i leit aua, den go po da imerzensi eria blo dat ospital wea i klosap po yu.

Ip yu wande mo impomeisan.

- Go tok po dentist
- Bizit www.health.qld.gov.au/oralhealth
- Poun 13 HEALTH (13 43 25 84) po praibet elt adbais 24 aua a dei, seben dei ebri wik
- Email oral_health@health.qld.gov.au

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