

Konsèy pou bon sante oral pandan gwosès

Pi ba gen konsèy pou pran swen sante oral ou pandan ou ansent. Jwenn swen sante oral, pratike bon liyèn oral, manje aliman ki bay sante, epi pratike lòt konpòtman ki bon pou sante ap ede kenbe ou menm ak tibebe w' la an sante. Reta nan tretman ki nesèsè pou pwoblèm dantè yo ka lakòz gwo risk pou ou menm ak tibebe w' la (pa egzanzp, yon move enfeksyon dan nan bouch ou ka gaye nan tout kò ou).

Jwenn Swen Sante Oral

- Pran swen bouch ou pandan ou ansent enpòtan pou ou menm ak tibebe w' la. Chanjman nan kò ou lè ou ansent ka fè jansiv ou fè ou mal oswa anfle epi li ka fè yo senyen. Pwoblèm sa a rele *jenjivit* (enfòmasyon jansiv yo). Si yo pa trete jenjivit la, li ka kondwi a maladi parodontal (jansiv) ki pi grav. Maladi sa ka konwui a pèt dan.
- Swen sante oral, ki gen ladan itilizasyonreyon-X, medikaman pou doule, ak anestezi lokal, an sekirite pandan tout gwosès la.
- Jwenn tretman sante oral, jan yon pwofesyonèl sante oral rekòmande, anvan akouchman an.
- Si dènye vizit dantè w' la te fèt sa gen plis pase 6 mwa oswa si ou gen nenpòt pwoblèm oswa enkyetid sante oral, pran yon randevou dantè pi vit posib.
- Di biwo dantè a ke ou ansent ak dat prevwa pou akouche. Enfòmasyon sa a pral ede ekip dantè a founi ou pi bon swen.

Pratike bon liyèn nan bouch

- Bwose dan ou ak dantifris fliyò de fwa pa jou. Ranplase bwòs dan ou chak 3 oswa 4 mwa, oswa pi souvan si plim yo chire. Pa pataje bwòs dan ou. Netwaye espas ant dan yo chak jou ak fil oswa yon pwodui netwayaj entèdantal.
- Rense chak swa ak yon rens bouch ou achte san preskripsyon ki gen fliyò, ki pa gen alkòl.
- Apre ou fin manje, moulen chiklèt ki gen ksilitòl oswa itilize lòtpwodwi ki gen ksilitòl, tankou mant, ki ka ede diminye bakteri ki ka lakòz kari nan dan.



- Si ou vomi, rense bouch ou ak yon ti kiyè bikabonat sodyòm nan yon tas dlo pou anpeche asid atake dan ou.

Manje aliman ki bon pou sante

- Manje yon varyete de aliman ki bon pou sante, tankou fwi; legim; pwodwi grenn antye tankou sereyal, pen, oswa ti biskwit; ak pwodwi letye tankou lèt, fwomaj, fwomaj kaye, oswa yogout san sik. Vyann, pwason, poul, ze, pwa, ak nwa yo tou se bon chwa.
- Manje mwens aliman ki gen anpil sik tankou sirèt, bonbon, gato, ak fwi sèk, epi bwè mwens bwason ki gen anpil sik tankou ji, bwason ki gen gou fwi, oswa pòp (soda).
- Pou ti goute, chwazi manje ki ba nan sik, tankoufwi, legim, fwomaj, ak yogout san sik.
- Pou ede ou chwazi manje ki pa gen anpil sik, li etikèt manje yo.
- Si ou gen pwoblèm ak kè plen, eseye manje ti kantite aliman ki bon pou sante pandan tout jounen an.
- Bwè dlo oswa lèt olye de ji, bwason ki gen gou fwi, oswa pòp (soda).
- Bwè dlo pandan tout jounen an, sitou ant repa ak ti goute. Bwè dlo ki gen fliyò (atravè yon sous dlo fliyò kominote a) oswa, si ou prefere dlo nan boutèy, bwè dlo ki gen fliyò.

- Pou diminye risk domaj nesans, pran 600 mikwogram asid folik chak jou pandan tout gwosès ou. Pran yon sipleman dyetetik asid folik epi manje aliman ki gen anpil folat ak manje ki gen fòtifye ak asid folik. Kèk egzanzp sou manje sa yo gen ladan
 - Aspèj, bwokoli, ak legim fèy vèt, tankou leti ak zepina
 - Legim (pwa, pwa, lantiy)
 - Papay, zoranj, frèz, kantalous, ak bannann
 - Pwodwi grenn ki ranfòse ak asid folik (pen, sereyal, farin mayi, farin, vèmisèl, diri blan)

Pratike lòt konpòtman ki bon pou sante

- Ale nan klas prenatal.
- Sispann itilize pwodui tabak ak dwòg lwazi. Evite lafimen dezyèm men.
- Sispann tout konsomasyon bwason ki gen alkòl.

Aprè tibebe w' la fèt

- Kontinye pran swen bouch ou aprè tibebe w' la fèt. Kontinye resevwa swen sante oral, pratike bon liyèn oral, manje aliman ki bon pou sante, epi pratike lòt konpòtman ki an sante.
- Pran swen jansiv ak dan tibebe w' la, bay tibebe w' la manje ki bon pou sante (bay tete sèlman pandan omwens 4 mwa, men depreferans pou 6 mwa), epi mennen tibebe w' la kay dantis anvan laj 1 lane.
- Mande pwofesyonèl sante pedyatri tibebe w' la pou tcheke bouch tibebe w' la (mandefè yon evalyasyon risk pou sante oral) apati laj 6 mwa, epi pou bay yon rekòmasyon bay yon dantis pou swen sante oral ijan.

Resous

A Healthy Smile for Your Baby: Tips to Keep Your Baby Healthy (bwochi an Angle ak Panyòl) ki te pwodwi pa National Maternal and Child Oral Health Resource Center. <http://www.mchoralhealth.org/PDFs/babybrochure.pdf> (Angle), http://www.mchoralhealth.org/PDFs/babybrochure_sp.pdf (Panyòl).

Resous

Cavity Keep Away (bwochi) ki te pwodwi pa California Dental Association Foundation. https://dental.pacific.edu/sites/default/files/users/user244/cavity_keep_away_cust.pdf.

Dental Care Before, During, and After Pregnancy (feyè) ki te pwodwi pa South Carolina Department of Health and Environmental Control, Division of Oral Health. <http://www.scdhec.gov/administration/library/CR-009602.pdf>.

Good Oral Health for Two (feyè) ki te pwodwi pa Northeast Center for Healthy Communities, Greater Lawrence Family Health Center. http://www.mchoralhealth.org/pdfs/goodoralhealthfortwo_eng.pdf (Angle), http://www.mchoralhealth.org/pdfs/goodoralhealthfortwo_sp.pdf (Panyòl).

Healthy Smiles for Two (bwochi) ki te pwodwi pa South Dakota Department of Health, Oral Health Program. https://apps.sd.gov/PH18Publications/secure/Publications/SmilesforTwo_brochure.pdf.

Nothing But the Tooth (videyo) ki te pwodwi pa Texas Department of State Health Services, Nutrition Services Section and Texas Oral Health Coalition. <http://www.youtube.com/watch?v=4m41tR3s9sE> (Angle), <http://www.youtube.com/watch?v=vuYTLjXG-do> (Panyòl).

Pregnancy and Dental Care (afich ak kat bous) ki te pwodwi pa New York State Department of Health. <http://www.health.state.ny.us/prevention/dental/publications.htm>.

text4baby (sèvis enfòmasyon mobil) ki te pwodwi pa National Healthy Mothers, Healthy Babies Coalition. <http://www.text4baby.org>.

Two Healthy Smiles: Tips to Keep You and Your Baby Healthy (bwochi) ki te pwodwi pa National Maternal and Child Oral Health Resource Center. <http://www.mchoralhealth.org/PDFs/pregnancybrochure.pdf> (Angle), http://www.mchoralhealth.org/PDFs/pregnancybrochure_sp.pdf (Panyòl).

Jwenn yon Dantis

- <https://findadentist.ada.org>
- <http://www.knowyourteeth.com/findadentist>

Jwenn Swen Dantè a Pri ki ba

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

Jwenn Kouwèti Asirans Dantè

- <https://www.healthcare.gov>

Soti nan *Oral Health Care During Pregnancy: A National Consensus Statement—Summary of an Expert Workgroup Meeting* © 2012 pa National Maternal and Child Oral Health Resource Center, Georgetown University. Yo bay pèmisyon pou fotokopye piblikasyon sa a oswa pou voye li, annantye, bay lòt moun.