

正確刷牙方法 HOW TO BRUSH YOUR TEETH



刷毛要傾斜45度，沿著牙齦與牙齒外側邊緣，以兩至三顆牙齒為一組，輕柔地清潔每顆牙齒的牙齦與牙齒邊緣，上、下排牙齒相同。

The bristles are tilted at an angle of 45° to the gums and outer edges of the teeth. In groups of 2-3 teeth, gently clean the gums and edges of each tooth.



沿著牙齦與牙齒內側邊緣及大牙後側，輕柔地刷每顆牙的內壁。

Gently brush the inner side of each tooth along the gums and the medial edges of the teeth and the back of the last teeth.



輕輕地前後推刷上、下排牙齒的咀嚼面。

Gently clean the chewing surfaces of the upper and lower teeth back and forth.



將牙刷伸直放於門牙後側，利用牙刷前端毛頭，清潔上、下排每一顆門牙。

Place the toothbrush vertically against the back of the incisors and use the front tip of the toothbrush to clean each incisor.

牙齒的隱形殺手： 牙周病

SAVE YOUR TEETH:
Periodontal Diseases



什麼是牙周病

WHAT ARE PERIODONTAL DISEASES

牙周病是影響牙周組織和結構的最常見的慢性炎症性疾病。

它可以從牙齦的炎症（牙齦炎）到快速破壞牙槽骨，使牙齒鬆動、牙縫增闊、牙齦萎縮，到最後更可能引致整顆牙齒鬆脫，嚴重影響口腔咀嚼功能。在急性牙周病中，也可能導致牙周膿腫。

Periodontal diseases are the most common chronic inflammatory diseases affecting the periodontal tissues and structures.

It can range from inflammation of the gingiva (gingivitis) to rapid destruction of the supporting bone causing loosening of the teeth. In severe cases, the tooth may fall off by itself. In acute periodontal condition, periodontal abscess may develop as well.

治療方法

TREATMENT METHODS

1. 深層清潔牙腳

Calculus and plaque removal to control clinical inflammation

2. 牙周手術治療

Periodontal surgery

3. 每 3-6 個月進行牙周保養

Maintenance therapy at intervals of 3-6 months

預防方法

PREVENTION

- 每天早晚刷牙，尤其清潔牙齦邊緣的位置
徹底清除牙菌膜
Brush your teeth every morning and evening, thoroughly to remove plaque, especially at the gum margins.
- 每年最少檢查口腔一次
Pay regular visits to the dentist (at least once a year)
- 保持身心健康 Stay healthy
- 切勿吸煙 Do not smoke

牙周病的徵狀

SIGNS AND SYMPTOMS OF PERIODONTAL DISEASES

牙周病的徵狀包括：牙肉出血、酸軟，較嚴重的會引致牙肉腫脹及疼痛。如沒有及時治理，牙肉會萎縮令牙腳外露及牙齒移位。後期的牙周病甚至會令牙齒自動鬆脫。

如有以上病徵，必須及早讓牙科醫生診治。

Signs and symptoms of periodontal diseases include gum bleeding and soreness. The gums may be swollen and painful in serious cases. If not treated in time, the gum will shrink and the roots of the teeth will be exposed. Severe periodontal diseases can even cause the teeth to loosen or fall off.

Please consult your dentist immediately if you have the above signs and symptoms.



使用牙線或牙縫刷徹底清除牙菌膜

REMOVAL OF PLAQUE WITH DENTAL FLOSS OR INTERDENTAL BRUSHES

單獨刷牙不能有效清潔牙齒的相鄰側面，因此必須每天使用牙線或牙縫刷清潔牙齒。

Brushing alone does not effectively clean the adjacent sides of the tooth, so you should use floss or interdental brushes to clean your teeth every day.

鑲有固定假牙（牙橋）的人士都應徹底清潔牙齒，並要使用特效牙線或牙縫刷清潔牙橋底部的位置。

Those who have fixed dentures (tooth bridges) should thoroughly clean their teeth and use superfloss or interdental brushes to clean the bottom of the bridges.