

在牙髓治療後牙齒需要 特別護理或額外治療嗎？

在牙髓治療完成之前，應盡量避免咀嚼過硬的食物。而未做牙套的牙齒較脆弱，若不適當保護，牙齒會容易斷裂。因此您應該盡快找牙醫裝上牙套，並保持良好的口腔衛生，早晚刷牙，使用牙線，定期檢查和清潔牙齒。

大多數接受過牙髓治療的牙齒與其他天然牙齒的壽命一樣。少數情況下，經過牙髓治療後的牙齒不能癒合或持續疼痛。偶爾，牙齒可能在成功治療後數月甚至數年後變得疼痛或復發。通常當發生這種情況時，可考慮重做牙髓治療拯救牙齒。

WILL THE TOOTH NEED ANY SPECIAL CARE OR ADDITIONAL TREATMENT AFTER ENDODONTIC TREATMENT?

You should not chew or bite on the treated tooth until you have had it restored by your dentist. The unrestored tooth is susceptible to fracture, so you should see your dentist for a full restoration as soon as possible. You also need to practice good oral hygiene, including brushing, flossing, and regular dental checkups and cleanings.

Most endodontically treated teeth last as long as natural teeth. In few cases, a tooth that has undergone endodontic treatment does not completely heal or the pain continues. Occasionally, the tooth may become painful or its condition may deteriorate months or even years after a successful treatment. Often when this occurs, redoing the endodontic procedure can save the tooth.

拯救你的牙齒： 牙髓治療

**SAVE YOUR TEETH:
ENDODONTIC TREATMENT**



拯救你天然的牙齒

SAVING YOUR NATURAL TEETH

很多人都想保護自己天然的牙齒，保留其感覺和功能。您的牙齒可能有感染或疾病，需要額外的護理。在可能的情況下，您應該考慮治療以拯救牙齒。您可能會想，如果沒有人能看到，為什麼不把它拔除？但您要知道，牙齒缺失，是會對您的生活質素產生負面影響。

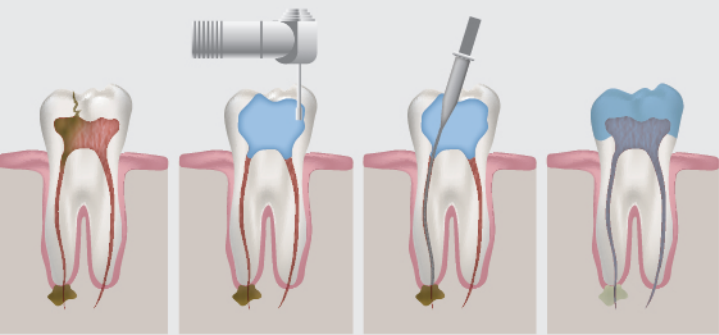
Nothing looks, feels or functions like your natural teeth. Sometimes your teeth may have infection or disease and will need additional care. When possible, you should always consider treatments to preserve your teeth. You may think, why not have a tooth extracted, especially if no one can see it, but you will find out that missing a tooth or so will eventually negatively impact the quality of your life.

治療方法

ABOUT THE TREATMENT

醫生會去除發炎或感染的牙髓，仔細清潔和塑造根管內部，然後填充並填封空間。完成牙髓治療後，牙醫會為你裝上牙套以保護及恢復其牙齒功能。

The Endodontist removes the inflamed or infected pulp, carefully cleans and shapes the inside of the root canal, then fills and seals the space. Afterward, you have to return to your dentist, who will place a crown or other restoration on the tooth to protect and restore its full function.



什麼是牙髓治療？

WHAT IS ENDODONTIC TREATMENT?

牙髓治療俗稱杜牙根，是把受感染或壞死的牙髓組織部份或全部清除，然後用牙科物料把根管填封。目的是為阻止牙髓感染蔓延至牙周組織和牙槽骨，以免這些組織受破壞，使牙齒得以保存。

Endodontic (pulp) treatment, commonly known as root canal treatment, involves partial or total removal of injured pulpal tissue. The pulp chamber and root canal(s) are then cleaned and sealed. This prevents tooth loss as a result of damage to the surrounding tissue and bone around the tooth caused by bacterial infection of the pulp.

需要牙髓治療的徵狀

SIGNS INDICATING THE NEED OF ENDODONTIC TREATMENT

徵狀包括：疼痛，對熱或冷的長期敏感，牙根尖處黏膜出現牙瘡，觸摸和咀嚼時疼痛，牙齒變色，以及淋巴結以及附近的骨和牙齦組織的腫脹，引流和壓痛。然而，有時候有些情況是可以沒有任何症狀的。

Signs to look for include pain, prolonged sensitivity to heat or cold, apical abscess, tenderness to touch and chewing, discoloration of the tooth, and swelling, drainage and tenderness of the lymph nodes as well as nearby bone and gum tissues. However, there can be no symptoms at all in some cases.