

# 保持成年牙齒健康

養成良好的口腔衛生習慣

## 牙科健康



*Dental Care*

## Keeping Adult Teeth Healthy

Develop Good Dental Hygiene Habits

## 保持成年牙齒健康： 養成良好的口腔衛生習慣

每天照顧好你的牙齒和牙齦很重要。在6到13歲之間長出的恆牙將伴你終生。如果沒有適當的照料，你可能會長蛀牙，也就是牙齒上的洞，甚至會得牙齦發炎，讓你痛苦不堪。這些問題常常引起牙痛，影響你吃東西和說話。為了預防牙齒疾病及昂貴的牙醫費用，請務必：

- » 每天刷牙兩次
- » 每天使用牙線
- » 每6個月看一次牙醫

## 正確的刷牙方法

每天至少刷牙兩次來除去黏在牙齒上的一層細菌，即牙菌斑。刷牙還能去除引起蛀牙的殘留食物。

### 刷牙步驟：



- » 以畫圈的方式刷牙。



- » 刷牙齒的外側、內側和咀嚼面。



- » 用牙刷的刷頭清潔門牙的內側，輕輕的上下來回刷。

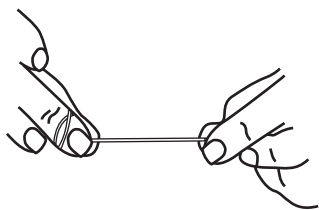


- » 刷舌頭，消除細菌。

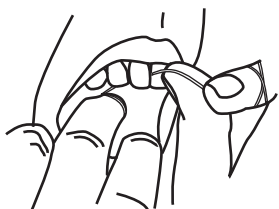
## 每天使用牙線

使用牙線能夠去除牙縫裏隱藏的牙菌斑和殘留食物，還能消除牙齦上牙刷刷不到的牙菌斑和食物。另外，使用牙線也可以防止牙齦發炎。

### 使用牙線的步驟：



» 取一段至少一英尺長的牙線。將牙線的一端繞在一隻手指上（如食指）。將另一端繞在另一隻手相同的手指上。用拇指壓住將牙線拉緊。



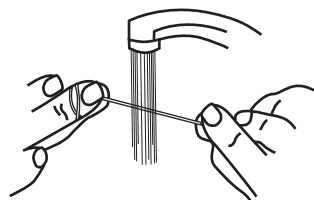
» 輕輕地將牙線在牙縫之間前後移動，慢慢靠近牙齦。千萬不要猛力將牙線壓到牙齦上面。



» 當牙線接觸到牙齦後，將它往一側的牙齒拉。輕輕地貼著這顆牙齒來回拉動。然後再重復同樣的步驟清理另一顆牙齒。這樣能清除卡在牙齒之間的食物。



» 最後將牙線取出，這樣會將牙齒中的殘留食物帶出來。



» 如果牙線上黏有食物殘渣，你可以用水將它沖洗乾淨，或用手指纏繞在另一段沒有用過的牙線上清理下一顆牙齒。

重復此方法清理每一顆牙齒，直到最裏面的一顆牙齒的背面。

## 每6個月看一次牙醫

你可能不知道自己是否長了蛀牙，因此定期看牙醫很重要。牙醫可以清潔你的牙齒，並確保你的牙齒健康。

### 看牙醫時，會怎樣？

- » **檢查口腔**：牙醫將檢查你的口腔，看有沒有牙齒腐爛或其它問題的早期徵兆。如果有蛀牙，預約補牙是非常重要的。
- » **拍X光片**：牙醫可能需要給你的牙齒拍X光片。這就像為牙齒拍全家福。牙醫能從X光片知道有沒有他無法見到的蛀牙，也可以知道你的成年牙發育情況。
- » **清潔牙齒**：牙醫將使用專用的牙刷和牙膏清潔你的牙齒，並清除牙齒上的任何東西，包括牙斑菌。
- » **補牙**：如果你有蛀牙，牙醫將先清潔，然後用銀色或白色的填充物修補蛀牙。
- » **教導正確的口腔衛生習慣**：在清潔牙齒的時候，牙醫會向你演示正確的刷牙和使用牙線的方法。
- » **讓牙齒更堅固**：清潔結束時，牙醫會給你的牙齒上一層含氟凝膠或泡沫。氟化物使牙齒更堅固，並幫助預防蛀牙。

“每天刷牙兩次。每天使用牙線。每6個月看一次牙醫。”

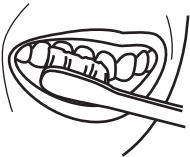
## Keeping Adult Teeth Healthy: Develop Good Dental Hygiene Habits

It is important to take good care of your teeth and gums every day. Between the ages of 6 and 13, you develop permanent teeth, which you have for the rest of your life. Without proper care, you may develop cavities, which are holes in the teeth. You may even get painful gum infections. With these dental problems, it's common to have toothaches that affect the way you eat and talk. You can prevent such problems and avoid the costly dental treatments necessary to fix them if you:

- » Brush your teeth twice a day.
- » Floss every day.
- » Visit the dentist every six months.

## Brush Teeth The Right Way

Brushing your teeth at least twice a day removes plaque, a film of bacteria on the teeth. Brushing can also remove food pieces that can cause cavities.



### Steps to brushing:

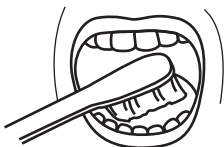
- » Brush your teeth in circles.



- » Brush the outer tooth surfaces, the inner tooth surfaces, and the chewing surfaces of the teeth.



- » Use the end of the brush's fuzzy tip to clean the inside surfaces of the front teeth. Use a gentle up-and-down stroke.

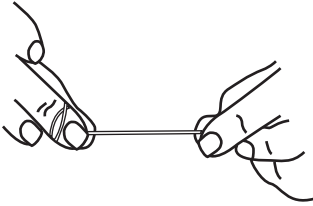


- » Brush the tongue to remove bacteria.

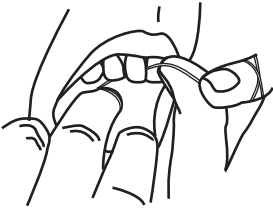
# Floss Teeth Daily

Flossing removes plaque and food pieces between teeth. It also removes them at the gum line that brushing can miss. Flossing can help prevent gum infections.

## Steps to flossing:



» Break off at least a foot long piece of floss. Wrap one end of the string around a finger (such as the second finger) of one hand. Wrap the other end of the string around the same finger on the other hand. Press your thumbs against that finger to hold the floss tightly.



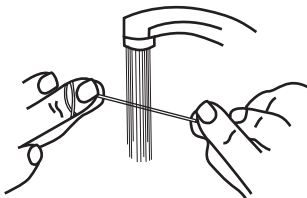
» Guide the floss between the teeth using a gentle back and forth motion towards the gums. Never snap the floss into the gums.



» When the floss reaches the gum line, curve it against one tooth. Gently move the string back and forth against the tooth. Then do the same to the next tooth. This should help release food pieces that were stuck in between the teeth.



» Then bring the string away from the gum line and out of the teeth. This will bring the food pieces out of your teeth.



» If there are food pieces on the floss string, you can wash them away under the water in your sink. Or wrap your fingers around another part of the string that has not yet been used to floss the next teeth.

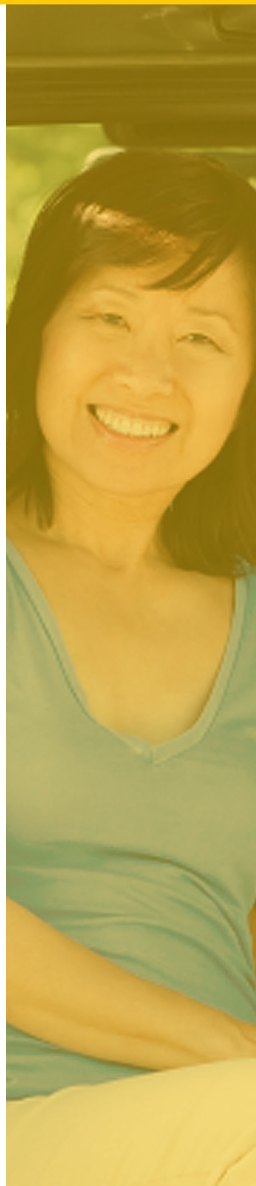
Repeat this method on the rest of the teeth. Don't forget the back side of the last tooth.

## Visit The Dentist Every Six Months

You may not be able to tell if you have cavities or not. That's why it's important for you to see your dentist. The dentist can clean your teeth and make sure they are healthy.

What the dentist will do during dental visits:

- » **Examine mouth.** The dentist will examine your mouth for early signs of decay or other problems. If cavities are present, it is very important that you come back for fillings.
- » **Take x-rays.** The dentist may also need to take x-rays of your teeth. It's like taking family pictures, but of your teeth. X-rays will show the dentist if there are cavities in the teeth that cannot be seen. It will also tell the dentist how the adult teeth are developing.
- » **Clean teeth.** The dentist will clean your teeth using a professional toothbrush and toothpaste. The dentist will remove anything that's on your teeth, including any plaque.
- » **Repair teeth.** If you have cavities, the dentist will clean and repair the cavities with silver or white fillings.
- » **Teach proper oral hygiene habits.** During the cleaning, the dentist can show you proper ways to brush and floss.
- » **Make teeth stronger.** At the end of the cleaning, the dentist may apply a fluoride gel or foam to your teeth. Fluoride makes teeth stronger and helps to fight off tooth decay.



*“Brush your teeth twice a day, floss every day and visit the dentist every six months”*





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