

Oral Health, Oral Hygiene Practice & Common Oral & Dental Problem

口腔健康、口腔衛生與常見口腔及牙齒問題

Professor Nigel King 金禮祖教授
Specialist in Paedodontics 兒童齒科專科醫生

Dr. WEI Lok Lum, Willis 韋樂霖醫生
Clinical Associate in Endodontology 牙髓齒科

Department of Dentistry
Hong Kong Sanatorium & Hospital
養和醫院牙科部



How can I get this smile?

如何擁有燦爛笑容?

A simple rule contains 2 components
燦爛笑容，來自

Healthy Gum + **Healthy Teeth** =
健康牙齦 + 健康牙齒



Health Gum

健康牙齦

- Pink
- Orange peel
- Appearance
- No bleeding

健康牙齦是呈現淺粉紅色，觸感結實，碰觸不會流血



Healthy Teeth 健康牙齒

Clean 清潔

Not decayed 沒有蛀牙



What's that!?

這是什麼!?

- **Plaque** is a soft, sticky film that builds up on your **teeth** and contains millions of bacteria.
- 牙菌膜是一層黏在牙齒表面的薄膜，柔軟且含大量細菌。



2 Common Problem Caused by Plaque 導致牙菌膜的兩大主因

Plaque + Time
牙菌膜 + 時間



Plaque + Sugar
牙菌膜 + 糖份



How to Maintain Healthy Gum & Healthy Teeth ?

如何保持牙齦及牙齒健康?



Correct toothbrushing technique 正
確刷牙技巧

Dental check up every 6 months 每
半年檢查牙齒一次

Scaling at least once a year
每年至少洗牙一次

Healthy diet 健康飲食

Healthy life style 健康生活

Correct Toothbrushing 正確刷牙方法

Choose a right toothbrush

選擇合適的牙刷

Small head: size of a \$1 coin

細刷頭: 大小如1元硬幣

Soft bristle 軟刷毛

Replace every 1 - 2 month

每一至兩個月更換牙刷



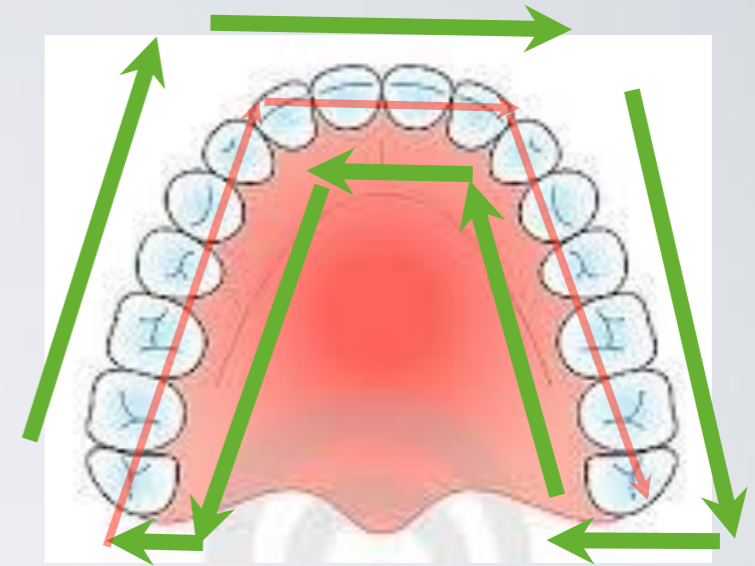
Correct Toothbrushing 正確刷牙方法

Aim at brushing the **Plaque** & **Food Away**

刷牙目的是清除**牙菌膜** 及 **食物殘渣**

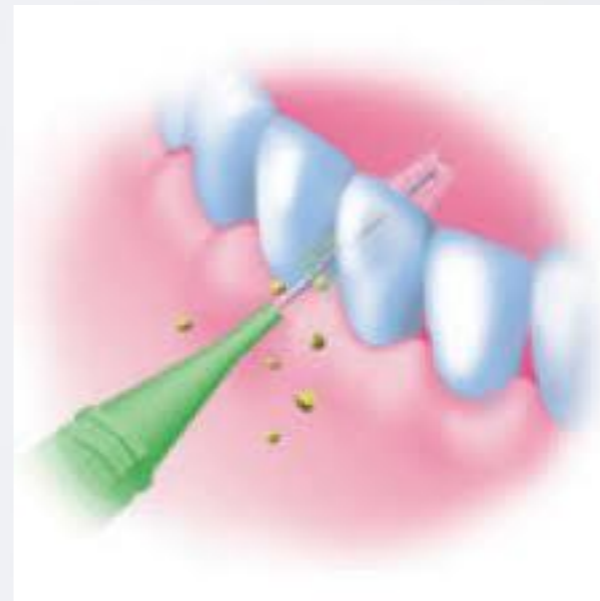
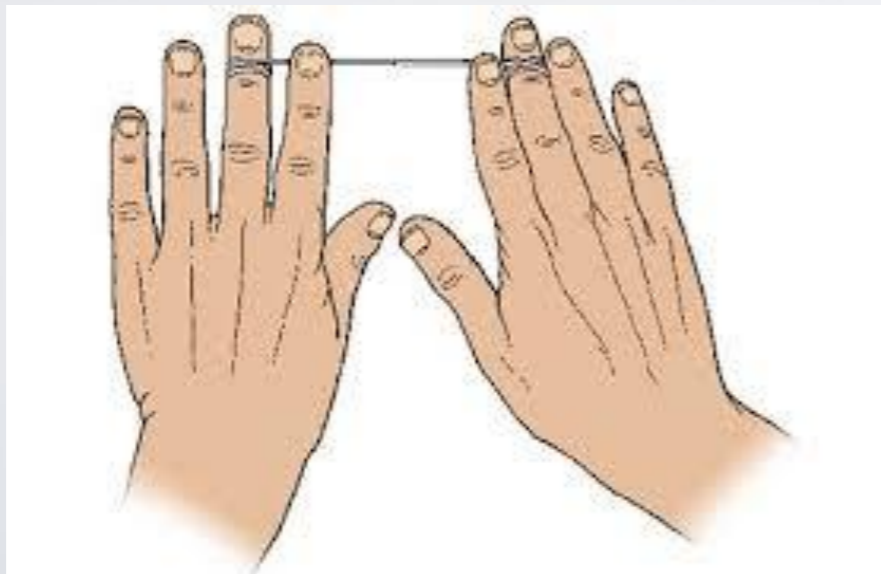


Correct Toothbrushing 正確刷牙方法



Brush all tooth surfaces
輕刷所有牙齒表面
Brush inside & outside
輕刷牙齒內外兩側
Brush upper & lower teeth
輕刷上下兩排牙齒
Brush your tongue as well
輕刷舌面

Dental Floss & Interdental Brush 牙 線及牙縫刷



Denture Cleaning

清潔假牙



Clean Denture Every Night
DON'T wear denture while sleeping
每晚要清潔假牙
睡覺時不要佩戴假牙



Dental Check Up & Scaling

牙齒檢查及洗牙



Dental Check Up 牙齒檢查

Check for any dental or oral diseases once every

6 months

每 **半年** 進行口腔檢查



Dental Scaling 洗牙

Dental scaling & polishing at your dentist

at least every **Year**

每年至少到牙科診所洗牙一次



To remove plaque & calculus
清除牙菌膜及牙石



Scaling will not make your enamel thin
洗牙不會令琺瑯質變薄

Healthy Diet & Life Style

健康飲食及生活



Balanced diet, avoid between-meal snack

均衡飲食，避免正餐之間吃零食

Brush teeth after meal 用餐後刷牙

Common Oral Problems

常見口腔問題

Caries 蛀牙

Periodontal Disease 牙周病

Oral Fungal Infection 口腔真菌感染



Dental Caries 蛀牙

Can lead to pulp death 引致牙髓壞死

Broken tooth 牙齒斷裂

Swollen gums, pus 牙齦紅腫或含膿

Local & systemic infection

局部或一排牙齒受感染



Pulp death -> Acute infection & Pain -> RCT -> Extraction
牙髓壞死 -> 嚴重感染及腫痛 -> 杜牙根 -> 拔除牙齒

Periodontal Disease

牙周病

Gums bleeding & swelling

牙齦流血及腫脹

Tooth loosening

牙齒鬆脫

Pain

痛楚

Halitosis

口氣

Hazardous to general health

e.g. DM, Cardiac infection

影響健康，如引致糖尿病或心臟感染



Oral Fungal Infection

口腔真菌感染

White or reddish area 呈白色或微紅色

Could be painful 痛楚

Poor denture hygiene 活動假牙衛生欠佳

Unfit denture 佩戴不合適假牙



Summary

摘要

Maintain healthy gums and healthy teeth
by proper oral care

適當護理牙齒，有助保持牙齦及牙齒健康



Question 問答環節

1. Healthy gums are dark red?
健康的牙齦是呈深紅色?

TRUE or FALSE
是 非

Question 問答環節

2. BIG head toothbrushes with hard bristle clean teeth faster and better?

大頭硬毛牙刷
能更有效地清潔牙齒?

TRUE or FALSE

是

非

Question 問答環節

3. Routine dental check up once every 6 months?
應每半年定期檢查牙齒一次?

TRUE or FALSE
是 非

Question 問答環節

4. Routine dental scaling at least once a year?
應每年定期到牙科診所洗牙一次?

TRUE or FALSE
是 非

Question 問答環節

5. Dental scaling will make enamel thinner?
洗牙會令琺瑯質變薄嗎?

TRUE or FALSE
是 非

The End

完