

## Better teeth better health (v23-v26)

### 23. Tools for Oral Care

#### 口腔護理工具

Today, tooth brushing is the commonest means of controlling plaque, provided teeth cleansing is sufficiently thorough and performed at regular intervals.

今時今日，刷牙是最普遍控制牙菌斑的方法，當然前提是要徹底的清潔牙齒和定期刷牙。

Tooth brushing with a toothbrush and toothpaste may sometimes cause abrasion of the enamel, root cementum and dentin.

有時用牙刷和牙膏可能會把琺瑯質、牙骨質和象牙質磨損。

It may cause damage to the gingival tissues.

損害牙齦組織。

The adverse effects of mechanical oral hygiene involve the type of the bristle of the toothbrush, its configuration, brushing method, brushing pressure, as well as toothpaste abrasivity.

手動口腔護理工具的負面影響，取決於牙刷毛的種類、構造，刷牙的方法、力度，以至牙膏的磨損強度。

These have been considered important variables in effecting tooth and gingival abrasion.

這些都被視為令牙齒和牙齦損害的重要變數。

There are wide variations in toothbrush design, brushing techniques, frequency, beneficial of tools and procedures which should be attended to for tooth cleaning.

牙刷的設計，刷牙的技巧、頻密次數，不同工具和步驟的好處，都有著很大的差異，需要在清潔牙齒時注意選擇。

### 24. Choosing a Toothbrush

#### 選擇牙刷

When buying a toothbrush, always look for a soft-bristled toothbrush rather than hard-bristled one.


買牙刷時，總是選擇軟毛比硬毛好。

Even medium-bristled toothbrushes are too abrasive on gums.

即使刷毛屬中等硬度，對牙齦來說也會太過粗硬。

You can also consider an electric toothbrush.

你也可以考慮電動牙刷。

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	Page	1

For a well-motivated and properly instructed senior who is willing to invest the necessary time and effort, mechanical measures using traditional toothbrushes and adjunct manual devices are effective in controlling plaque.

對於一個積極且指導得當的長者，也同時願意投入必要的時間和精力，使用傳統牙刷和輔助手動設備，可以有效地控制牙菌斑。

The following features of an acceptable toothbrush design are necessary that include 可接受的牙刷設計的以下功能是必需的，包括：

- ✓ **A handle size appropriate to user's age and dexterity**  
刷身握手位置大小，需要適合使用者的年齡和敏捷度
- ✓ **A head size appropriate to the size of the user's mouth**  
刷頭大小，需要適合使用者的口腔大小
- ✓ **End rounded nylon or polyester filaments not larger than 0.009 inches in diameter**  
圓邊的尼龍或人造纖維刷毛，直徑不超過 0.009 吋
- ✓ **Soft bristle configuration**  
柔軟的刷毛構造
- ✓ **Bristle patterns which enhance plaque removal in the approximal spaces and along the gumline**  
刷毛排列空間適中和根據牙齦線形狀，以增強去除牙菌斑的能力

If some people tend to brush too hard or in a harsh sawing motion as opposed to a gentle circular motion, an electric toothbrush can help prevent harsh scrubbing to give better results.

如有些人傾向太用力刷牙，或大力以拉鋸方式、而不是溫柔地以轉圈的方式刷牙，使用電動牙刷可防止太強力的擦洗，能有更佳效果。

An electric toothbrush can also make brushing easier for people who have arthritis or health conditions that affects the hands movement.

電動牙刷也可以讓患有關節炎或因病令手部活動有障礙的人士，更方便地刷牙。

The rotary and oscillating brush heads of electric toothbrush move at high frequencies is more effective in removing plaque and stain in a shorter time.


電動牙刷的旋轉式震動刷頭以高速轉動，對於在短時間內移除牙菌斑和牙漬會更為有效。

It is particularly beneficial for teeth cleaning for institutionalized elderly.

所以尤其適合協助住在院舍的長者清潔牙齒。

It is also helpful for suboptimal plaque control or seniors who have high risk for caries and periodontal disease.

同時，對於控制牙菌斑不太理想的長者，或蛀牙和牙周病高危險族，使用這種牙刷也有幫助。

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	Page	2

Whether manual or powered, your toothbrush should be a size and shape that fit in your mouth well so that teeth cleaning is comfortable and easy.

不管手動或電動也好，牙刷的大小和形狀適當地配合你的口腔大小，令刷牙來得舒適和容易。

## 25. Brushing Techniques

### 刷牙技巧

However, having a suitable toothbrush requires proper brushing techniques as well.

有了合適的牙刷，也得要配合正確的刷牙技巧：

These include 包括

- ✓ horizontal scrubbing technique characterized by a back and forth motion on the occlusal and buccal surfaces  
對於上下牙齒咬合的平面，和面頰旁的齒面，用水平刷牙方式，即是前後移動
- ✓ vertical methods involving either an up and down motion of the brush  
垂直刷牙方式，包括上下移動牙刷
- ✓ a sweeping of the bristles across the gingiva and the tooth crown in a rolling or circular motion, are considered more advanced techniques, and are the methods most often recommended by dentists.  
在牙齦及牙冠位置，以旋轉式掃過刷毛，是被視為進階的方式，是牙醫最常的建議
- ✓ The bristles are placed at an approximately 45 angle to the tooth surface and pointed in an occlusal direction  
刷毛與牙齒表面呈 45 度角，並指向牙齒咬合面的方向
- ✓ Pressure is applied as the bristles are vibrated between the teeth. The method directs the attention to the interdental and proximal areas.  
當刷毛在牙齒間震動時加壓，處理牙齒間鄰接面的清潔
- ✓ The buccal and lingual surfaces are normally also cleaned during this procedure.  
這步驟正常情況下也會同時清潔到牙齒的頰側面和舌側面

### Frequency 頻密度

The recommendation of tooth brushing frequency is 2 times a day.

建議每天刷牙兩次。

Toothpaste that contains fluoride is recommended to strengthen tooth enamel and prevent tooth decay.


建議使用含氟化物牙膏，以加強琺瑯質和防止蛀牙。

Many toothpastes also have ingredients that fight tooth sensitivity, gingivitis, bad breath, or hardened plaque called tartar.

很多牙膏都有對付敏感牙齒、牙齦炎、口氣、牙石的成份。

However, seek your dentist for recommendations on the best toothpaste for your specific oral health needs.

然而，請尋求牙醫的意見，選擇最適合自己口腔需要的牙膏。

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	Page	3

## 26. Benefits of tools and procedures

### 工具和步驟帶來的好處

Tooth brushing alone is able to clean only the buccal, lingual and occlusal tooth surfaces.  
刷牙本身只可以清潔牙齒的頰側面、舌側面和咬合面。

In fact, proximal and interdental areas are essentially missed.  
而忽略了牙齒間鄰接面的清潔。

However, these are the areas in which dental caries most often develops and where gingival and periodontal lesions are most frequently found.

然而，這些是蛀牙、牙齦炎和牙周問題最常出現的地方。

Therefore, alternative tools are designed for essentially missed area. Interdental cleaning devices include dental floss and tape, woodsticks, interdental brushes, single tufted brushes, and electrical devices put a major focus on the interdental and proximal areas of the dentition.

因此，其他工具就是針對這些被忽略的部位而設計，好像牙線和潔牙帶、牙籤、牙縫刷、單簇牙刷，和電動工具，重點清潔齒間部位。

#### Interdental Brushes 牙縫刷

Cleaning in between teeth and around gums is important if you want to maintain a healthy mouth.  
要維持口腔健康，清潔牙齒與牙齦間部位很重要。

In fact, studies have shown that interdental brushing is actually a more effective way to remove plaque than flossing.

事實上，研究顯示牙縫刷比牙線更有效去除牙菌斑。

#### Dental Floss 牙線

Flossing removes food particles trapped between teeth that your toothbrush misses.

使用牙線可以去除殘留在牙齒之間、牙刷無法清理的食物渣滓。

It helps to reduce plaque and the likelihood of tooth decay and gum disease.


幫助去除牙菌斑，減少蛀牙和牙齦疾病的機會。

Dental floss comes with waxed and unwaxed.

牙線有分加蠟和無蠟兩種。

If your teeth are tightly spaced, waxed floss or flossing tape may glide between them more easily.

如果你的牙齒排列很緊密，加蠟的牙線或潔牙帶會更易在牙縫中遊走使用。

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	Page	4

If you have trouble using dental floss or interdental brush, the dental picks and sticks cleaning aids can help remove plaque that gently get between teeth and under gum line.

如你覺得牙線和牙縫刷難於使用，在牙齒和牙齦線間輕力地使用牙籤，也可以幫助清走牙菌斑。

### Water Flossing

#### 電動沖牙器

This oral hygiene appliance shoots a steady stream of water in the mouth to remove food from hard to reach places between and around teeth.

這口腔衛生儀器向口腔噴射穩定的水流，沖走牙縫間的食物污垢，

This can be especially helpful for people with sensitive gums or dental issues.

對於有敏感牙齦或口腔問題的人尤其有幫助。

In general, water flossing can be a good alternative to string floss.

一般而言，以水沖牙可以替代牙線。

Even gum health can be improved by the massaging action of the water flosser.


而電動沖牙器的按摩作用，甚至會改善牙齦健康。

Abrasion of calcified tissues has undoubtedly occurred and does occur as a function of unsatisfactory tools and excessive manipulation.

使用不合適的工具及不當使用，將會引致鈣化組織被磨蝕。

Therefore, choosing proper tools and using accurate techniques for dental cleaning cannot be underestimated.

因此，我們不要低估選擇合適工具和正確的口腔清潔技巧有多重要。

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	Page	5