

護齒筆記

(1)



你真会刷牙吗?
打开便知道



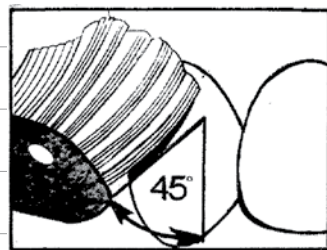
士达孔拿社区牙医诊所

温哥华 奇化街 601 号
预约电话: 604-713-4485
电邮: info@strathcona-health.ca

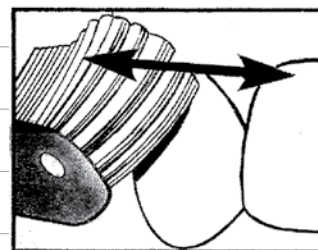
网址:
www.strathcona-health.ca
www.youtube.com/dentalforkids

美满人生由「齿」起

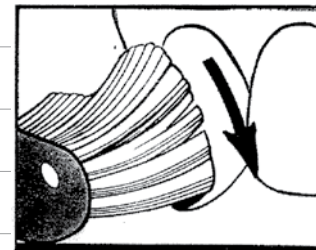
預約電話: 604-713-4485
地址: 溫哥華奇化街601號
門診時間: 星期一至五
上午九時至下午五時



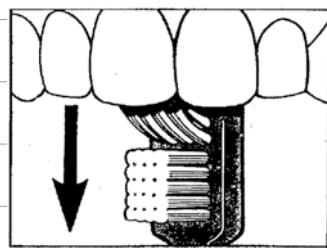
將牙刷傾斜45度角壓於牙面
及牙肉之間



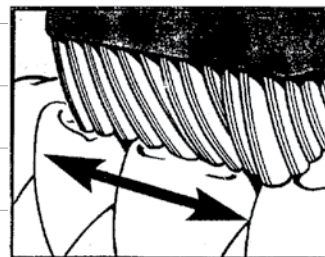
用適中力度前後刷
牙面及牙肉



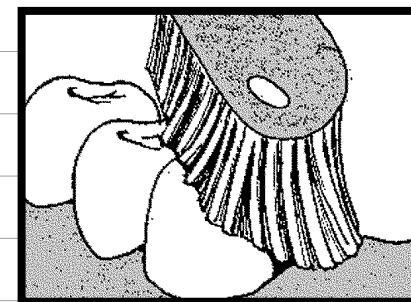
用適中力度在牙面打圈
每次刷兩三隻牙



門牙的內側要由裡面刷出來



牙齒的咀嚼面也要刷



最裡面的大牙要用牙刷尖端的
刷毛來清潔牙面及牙肉邊緣

刷牙最少要刷兩分鐘才夠

改善刷牙方法需要
由牙醫檢查口腔，
建議那個部位刷
漏，最終要靠自己
去改善。

外側
內側
記得要刷牙齒內側，
方法與刷外側一樣。

記住約牙醫洗
牙。問牙醫那
個部位需要多
注意。

Dental Notes (1)



**So you think you
can brush? Read
on to see.**



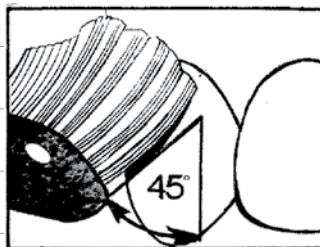
**Strathcona Community
Dental Clinic**

601 Keefer St,
Vancouver, BC V6A3V8
Tel: 604-713-4485
email: info@strathcona-health.ca

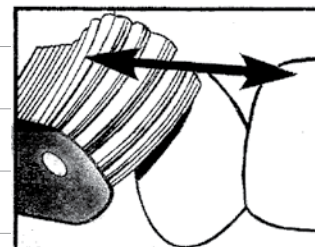
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A Successful Life Begins with a Healthy Smile

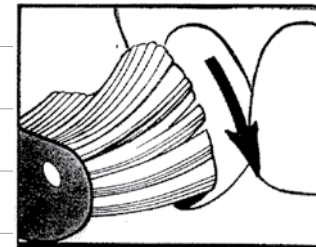
Tel: 604-713-4485
Address: 601 Keefer St,
Vancouver
Hours: Monday - Friday
9 am - 5 pm



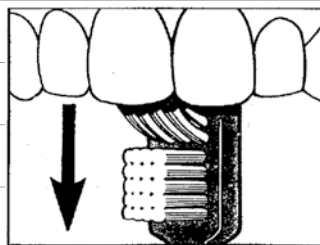
Position brush along
gum line at 45 ° angle.



Brush gently, move back
and forth. Vigorous brush-
ing might hurt your gum.



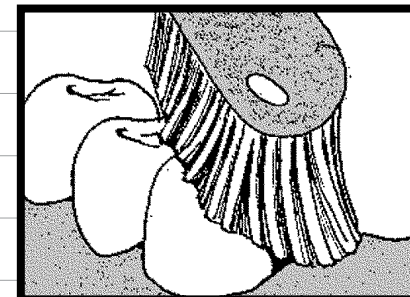
Roll brush away from gumline.
Brush your teeth in groups of
2 or 3 teeth.



Brush vertically behind
upper and lower front
teeth.



Don't forget the chewing
surface!



Use the tip of the toothbrush
to clean the back molar and its
gum line.

**** Brush for at least TWO minutes.**

**Your dentist can tell
you where you need to
brush better.**

