護齒筆記 (2)

牙线难用？
小小贴士帮到你

士达孔拿社区牙医诊所

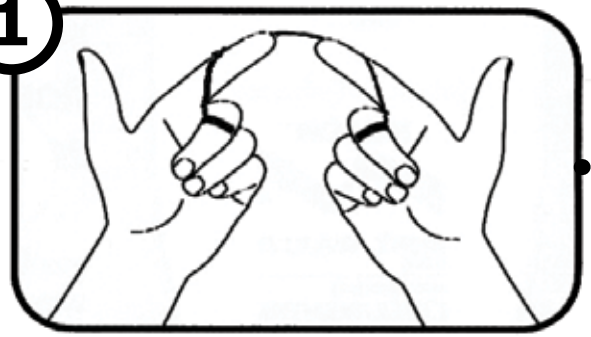
温哥华 奇化街 6 0 1 号
预约电话：6 0 4 - 7 1 3 - 4 4 8 5
电邮：info@strathcona-health.ca

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

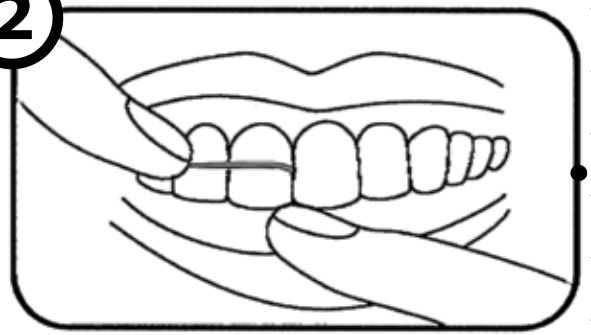
1

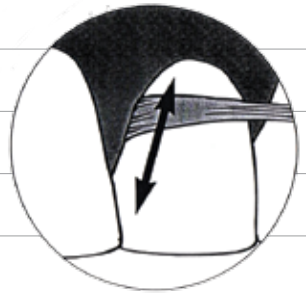


…或把牙線結成一個圈。

首先拉出一段大約一呎半長的牙線，將牙線纏緊在雙手中指上，再將牙線固定在拇指和食指之間，形成中間一段約一吋長的牙線…

2





… 沿邊滑入牙肉，緊貼牙面，上下拉動。牙齒的左右兩側都要清潔。

將牙線拉緊，前後拉動，慢慢滑入牙縫。然後把牙線緊貼牙面，上下拉動，刮除牙菌膜。開始時先做門牙，習慣了便每天多做幾隻。

使用牙線是件須要慢慢習慣的事。你可以試試在刷牙前先用牙線，那便比較容易記住。亦可以把這份單張貼在浴室內的鏡子上，提醒自己使用牙線。

記住約牙醫洗牙。問牙醫那個部位漏了，需多注意。

Dental Notes (2)

Is flossing difficult? Read on for tips.

Strathcona Community Dental Cinic

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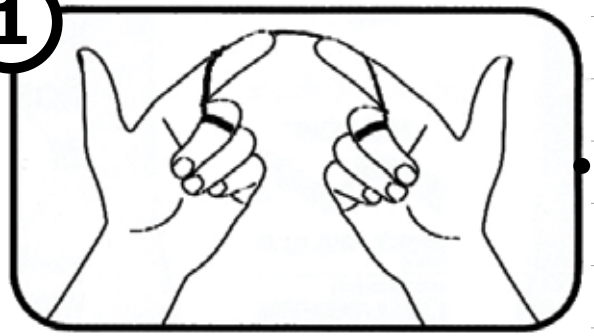
Tel: 604-713-4485
email: info@strathcona-health.ca

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

A Successful Life Begins with a Healthy Smile

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

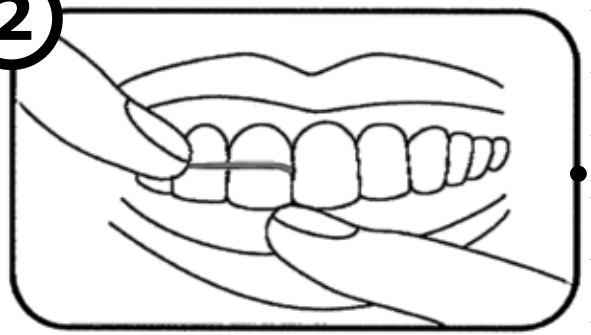
1

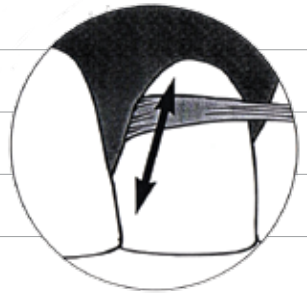


...or tie up both ends to form a loop.

Pull out about 18 inches of dental floss.Wrap it tightly around your middle fingers leaving about 1 inch to work with...

2





... slide floss up and down against surface of tooth AND under gum line. Floss both sides of tooth for all your teeth.

Gently guide the floss between teeth in zig-zag motion. DON't SNAP floss between teeth. Contour floss around the side of your tooth ...

If you have hard time remembering to floss, try doing it before you brush. Begin with the teeth in front, then move on to more teeth every day as you feel more comfortable flossing. Tape this Dental Note on the mirror migt help as a reminder.

Don't forget to book regular check-up appointment. Ask the dentist where I need to floss more.