

# 口腔清潔技巧 Oral Hygiene Tips

目的：

## Purpose:

維持口腔清潔，預防細菌滋生，避免產生口腔疾病。

To maintain oral hygiene, prevent the growth of bacteria, and avoid oral diseases.

用物準備：

## Preparation for necessary items:

牙刷（或口腔海綿清潔棒、牙線棒）、壓舌板（紗布包住前端）、漱口杯、清水（或茶葉水、檸檬水）、凡士林、毛巾及手電筒。

A toothbrush (or mouth sponge cleaning rod, floss), a tongue depressor (wrap the front end with gauze), a cup for mouth rinsing, some clean water (or tea, lemonade), lip balm (or Vaseline), towels and a flashlight.



## 步驟： Steps:

1. 協助被看護人採坐姿或半坐臥。

Help the patient or ward to sit up or sit in a semi-lying position on the bed.

2. 手持壓舌板，撥開內頰，以手電筒檢查口腔。

Use the tongue depressor to pull the inner cheek away from the teeth and then conduct an oral examination with the flashlight.

3. 將毛巾鋪於下頷及胸前，漱口杯置於被看護人下頷，以盛接口腔污水。

Lay towels under the chin and in front of the chest; the cup for mouth rinsing

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should be placed under the chin of the patient to catch the oral effluent.

4. 牙刷或口腔海綿清潔棒沾水，將刷毛對準牙齒與牙齦交接的地方，刷上牙時刷毛朝上，刷下牙時刷毛朝下。刷毛與牙齒呈45-60 度角，同時將刷毛輕輕壓向牙齒，刷毛略呈圓弧，讓刷毛的側邊也與牙齒有相當大範圍的接觸。

Damp the toothbrush or the oral sponge cleaning rod and have bristles of the toothbrush aligned with the area where the gums and teeth meet; turn the bristles up when brushing the upper teeth, and turn the bristles down for brushing the lower teeth. Bristles and the teeth should form an angle of 45-60 degrees; gently press the bristles to the teeth so that bristles are somewhat in an arc shape to allow the sides of the bristles to have contacts with the teeth with considerable range.

5. 清潔口腔之順序：口腔內外面→牙齦→口腔內頰→上下顎及舌頭。

Sequence to clean the oral cavity: Inside and outside of oral cavity → gums → inner cheek of oral cavity → upper jaw, lower jaw, and tongue.

6. 最後以清水沾濕的紗布，清潔全口。

In the end, clean the whole mouth with clean wet gauze.

7. 毛巾擦淨嘴和臉。

Wipe mouth and face clean with a towel.

8. 塗上凡士林並協助舒適臥位。

Apply lip balm or Petroleum jelly and assist the patient to have a comfortable lying position.

注意： Notes:

1. 每顆牙前後來回約刷十次。

Brush each tooth back and forth for 10 times.

2. 進行口腔清潔前後，請記得洗手喔！避免相互感染，保護自己也保護被看護人喔！

Please remember to wash your hands before and after performing oral cleaning! Avoid catching infection from each other to protect yourself and the patient /ward.

假牙清潔

## Denture Cleaning

目的：維護假牙的清潔，預防假牙造成不適與合併症的發生是很重要的，同時正確的清

潔，保護及裝取假牙、預防假牙變形與損壞。

Purpose: To maintain cleanness of dentures; it is important to prevent the occurrence of discomfort and complications associated with dentures; and to clean dentures correctly, to protect and install dentures, to prevent dentures from deformation and damage.

假牙種類：有分為活動式及固定式兩種。

Denture Types: There are two types of dentures: fixed dental prosthesis and removable dental prosthesis.

1. 活動式假牙：是以鉤環扣著真牙齒，如果全口的牙齒已經脫掉，活動式假牙便以真空吸盤原理把假牙吸在牙槽上，建議您提醒長輩每天把假牙拿下來清潔。

Removable dental prosthesis: Use clasps to clip onto the real teeth; for people who are missing all of their teeth, the removable dental prosthesis is sucked onto the alveolus based on the principle of vacuum chucking. It is recommended that you should remind the elders to take out the dentures for cleaning every day.

2. 固定式假牙：是以牙橋把假牙安裝在缺齒旁的牙齒上，是不能自行取下來的。

Fixed dental prosthesis: Dentures are mounted on the teeth next to the missing tooth (or teeth) using the dental bridge, and they cannot be removed by a person on his/her own.

正確清潔假牙的原則：

Principles for proper denture cleaning:

1. 每日於進食前、後執行口腔清潔，可以促進食慾及預防口腔疾病產生。

Oral cleaning should be performed before and after a meal every day since it can promote appetite and prevent occurrence of oral diseases.

2. 把所有黏附在假牙上的細菌徹底清除，但不可破壞假牙光滑的表面，因此首先把活動假牙拿下來，清潔時可用軟毛牙刷，但切勿用牙膏，因為牙膏裡的研磨料會磨去活動假牙光滑的表面，慢慢地會使表面變成磨沙般不再光滑，使污漬和細菌越加容易堆聚，因此清潔活動假牙時只適用非研磨性清潔劑，當然有人擔心會不會影響身體，其實只要清洗得宜是不應該有特別影響的。

All the bacteria adhered to dentures should be completely removed. However, the smooth surface of dentures must not be damaged. Therefore, the first thing to

do is to take out the removable partial denture and clean it using a soft brush. Do not use toothpaste to clean the denture, because the abrasive in the toothpaste will rub the smooth surface off the removable partial denture. Gradually, the surface of dentures will no longer be smooth, and that stains and bacteria are easier to stack together. Therefore, only non-abrasive cleaner can be used to clean the removable partial denture. Of course, people will think that it may affect their health. In fact, there should be no special impact as long as proper cleaning is performed.

假牙清潔－活動假牙清潔步驟：

Denture cleaning - Cleaning steps of removable dental prosthesis:

1. 活動假牙取下後，牙刷清潔輕刷假牙，及去除顆粒較大的食物。

After the removable dental prosthesis is removed from the mouth, a toothbrush can be used to gently brush the dentures and remove larger particles of food.

2. 將假牙放入水杯或浸泡盒中，約20-30 分鐘。浸泡水位蓋過假牙，水溫勿超過60 度。

Put the dentures into a water cup or an immersion box for about 20 to 30 minutes. Water level of the cup or immersion box should cover the dentures completely, and water temperature should not exceed 60 degrees.

3. 協助被看護人佩戴前，再次用煮沸過之冷卻飲用水，沖洗後再協助佩戴。

Before assisting the person being cared for to wear dentures, the caregiver should have dentures rinsed again with cooled boiled water.

註：假牙材質怕熱，遭遇熱性物質容易造成假牙材質變形受損。

Note: Denture material is intolerant to heat. Therefore, it is likely to cause damage or deformation to the denture material when encountering hot substances.

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參考資料：

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