

# 刷牙練習暨常見的錯誤

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# 選擇正確的潔牙方法

## 培養良好口腔清潔習慣



# 口腔清潔基本工具

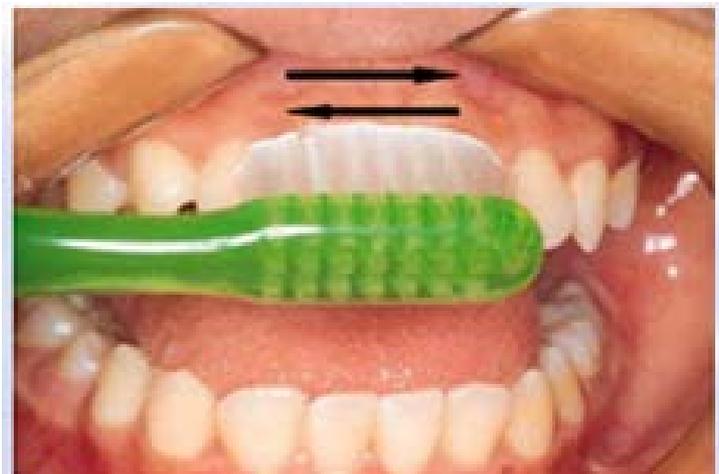
1. 鏡子
2. 牙刷
3. 牙線
4. 含氟牙膏
5. 牙間刷
6. 牙菌斑顯示劑

# 貝氏刷牙法

- 牙刷與牙面成 $45^{\circ} \sim 60^{\circ}$
- 涵蓋一點點牙齦
- 兩顆兩顆來回約刷10次

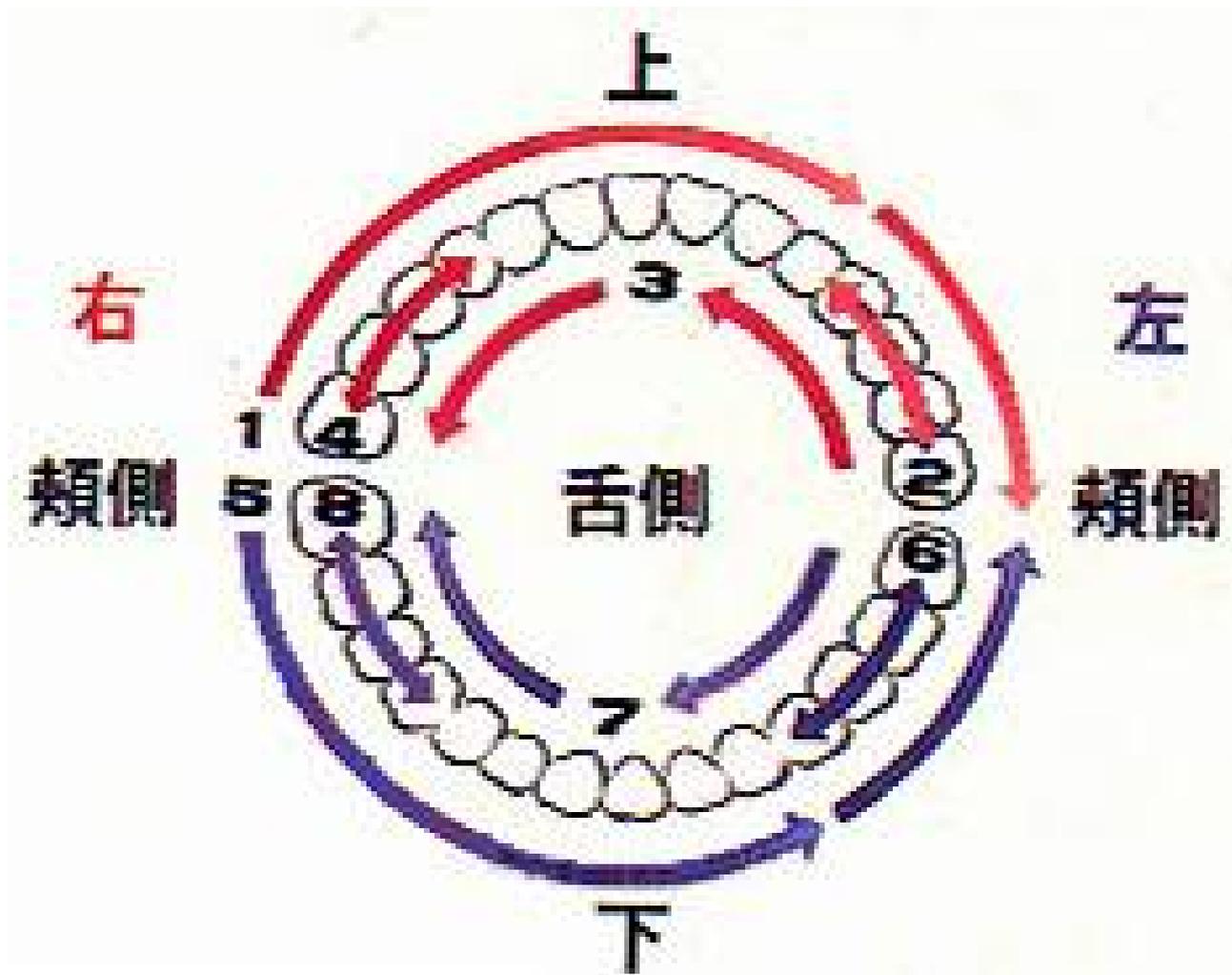


刷毛與牙面成45度角



短距離左右來回刷

# 貝氏刷牙法的順序



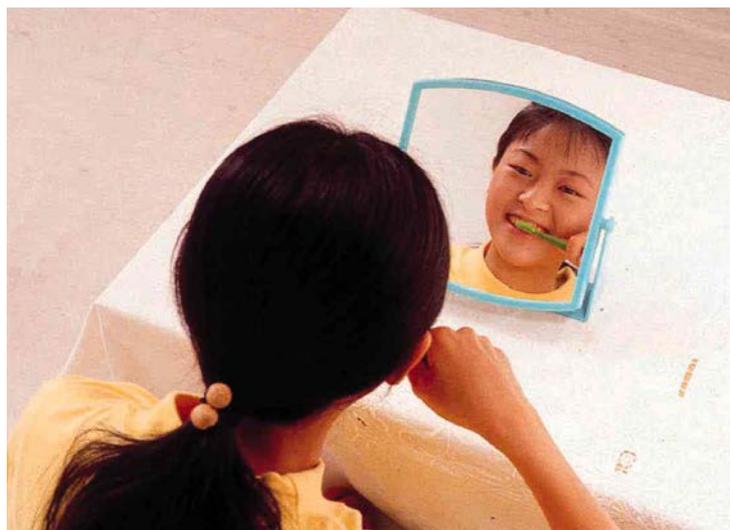
# 對著鏡子看清楚牙齒

刷上排牙，刷毛朝上

刷下排牙，刷毛朝下

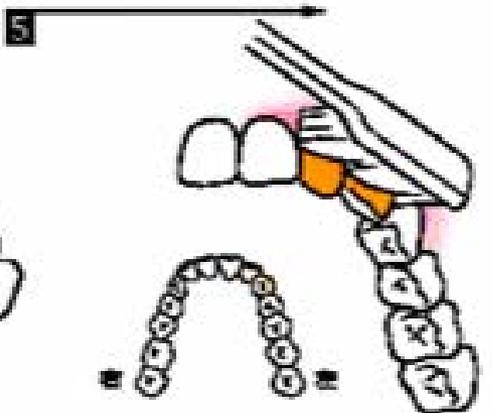
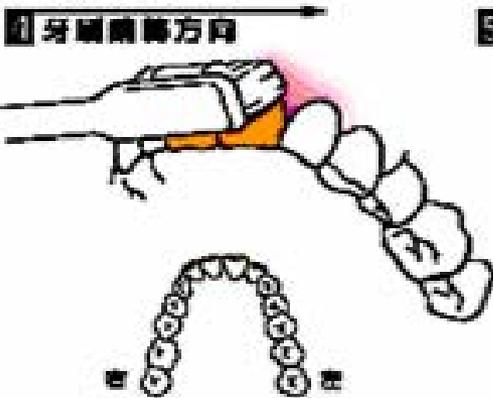
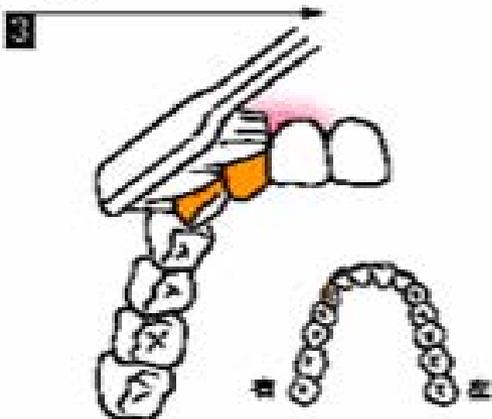
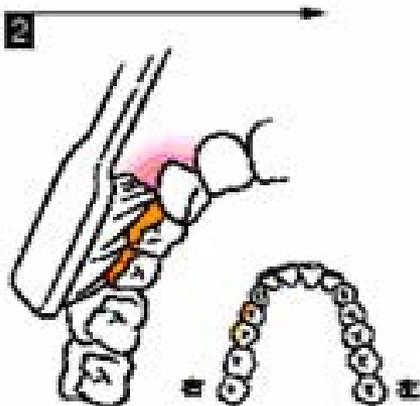
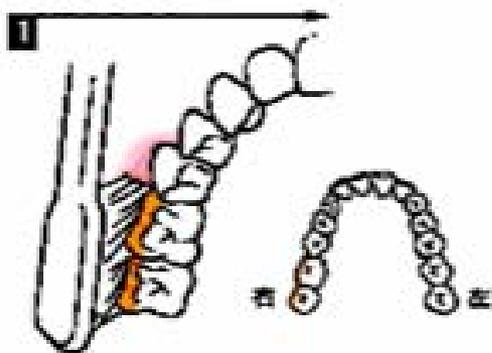


刷毛向前緊握牙刷

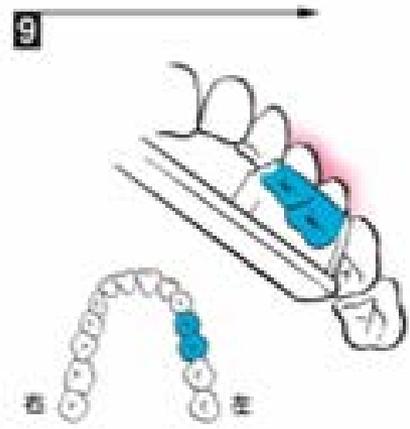
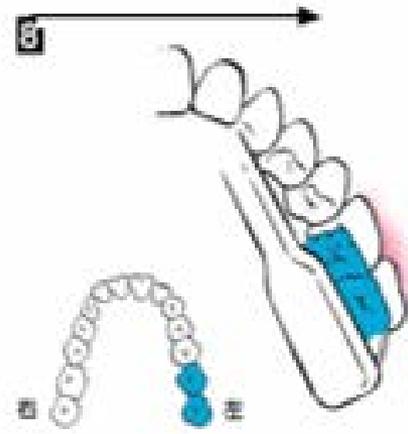
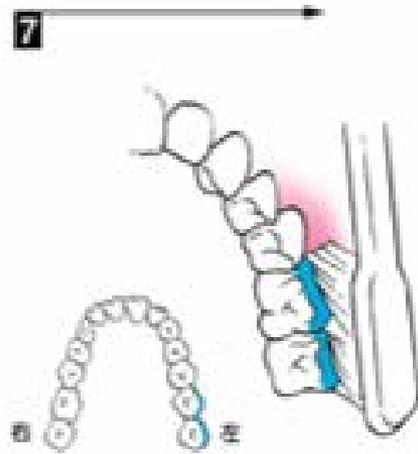
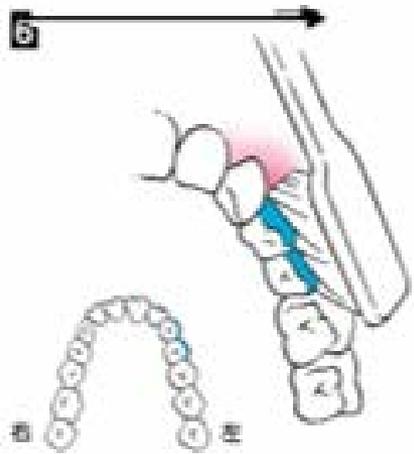


看清楚刷牙位置

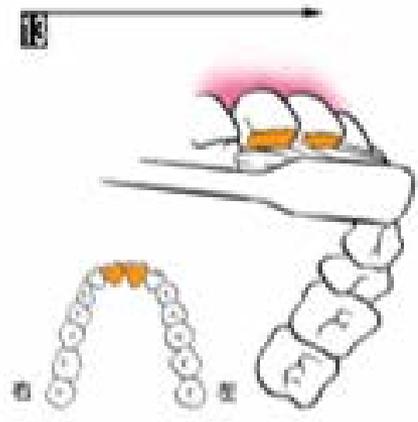
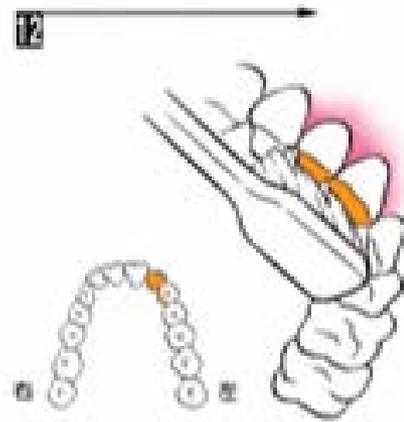
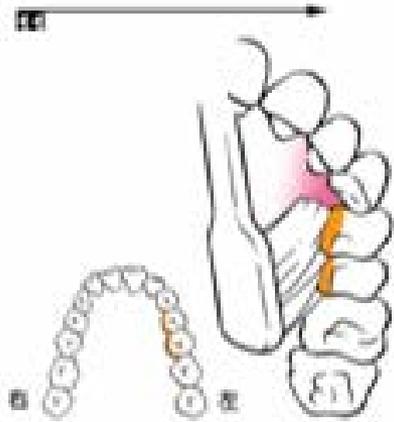
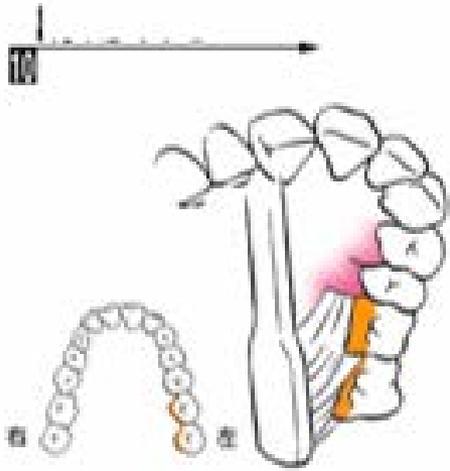
上牙頰側牙面，  
右邊開始。



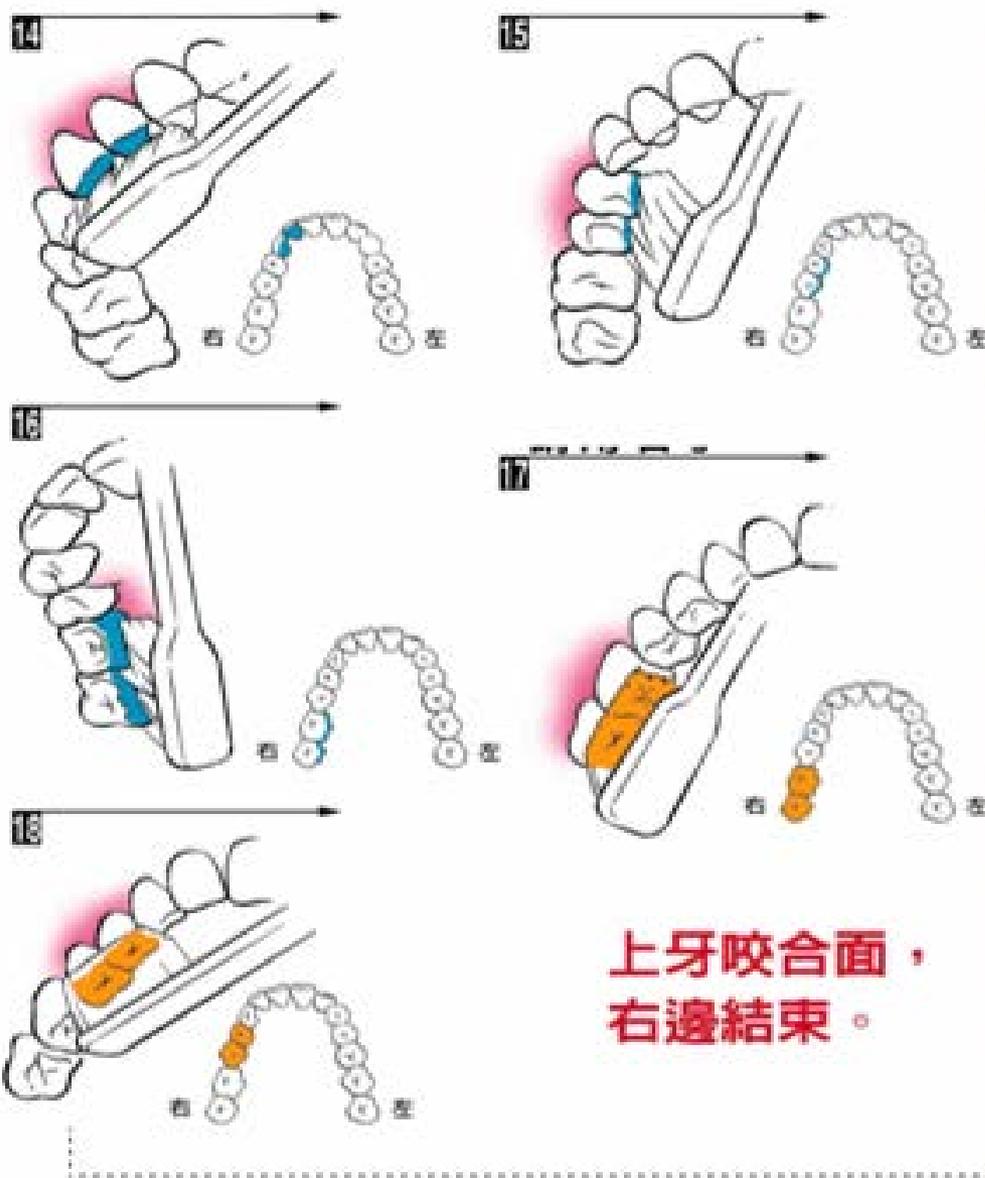
刷上排牙之一



## 刷上排牙之二



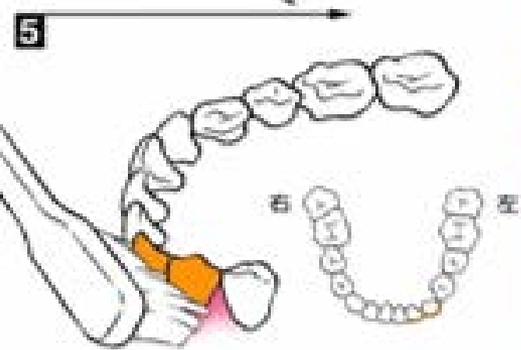
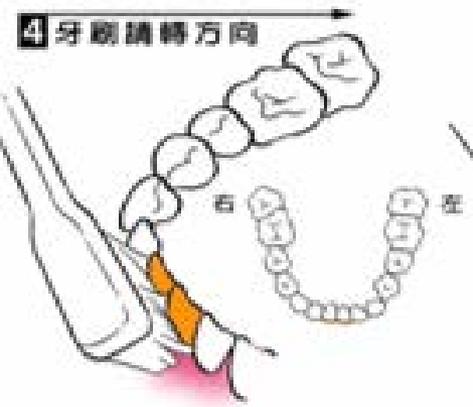
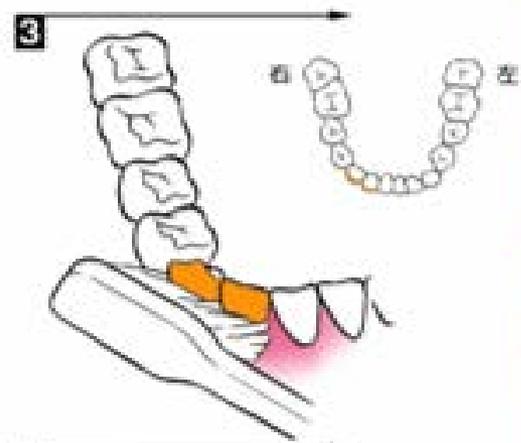
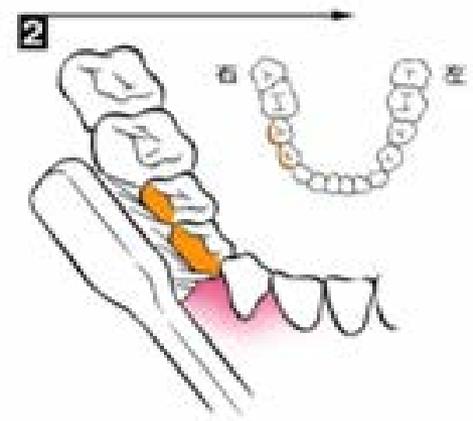
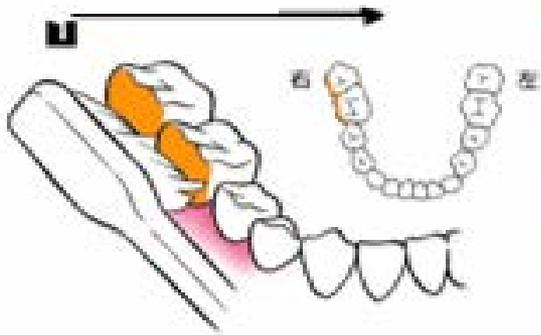
# 刷上排牙之三



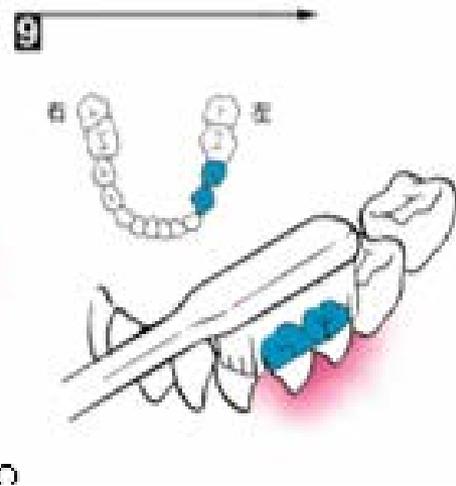
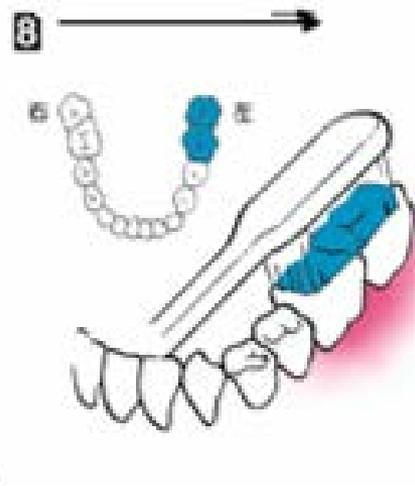
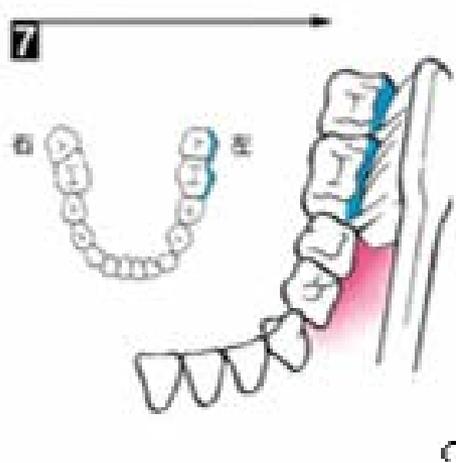
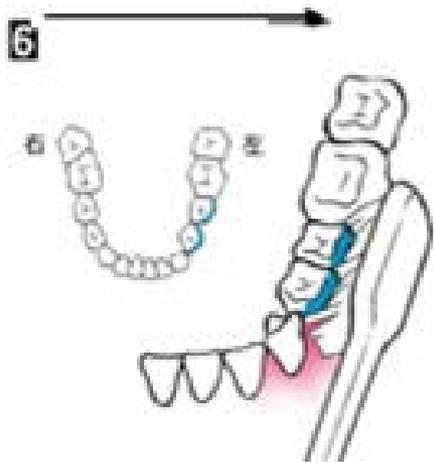
上牙咬合面，  
右邊結束。

# 刷上排牙之四

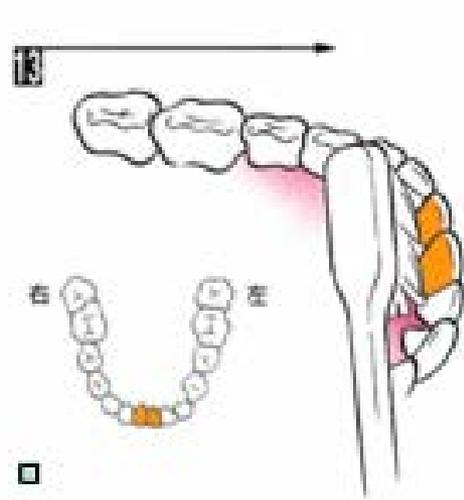
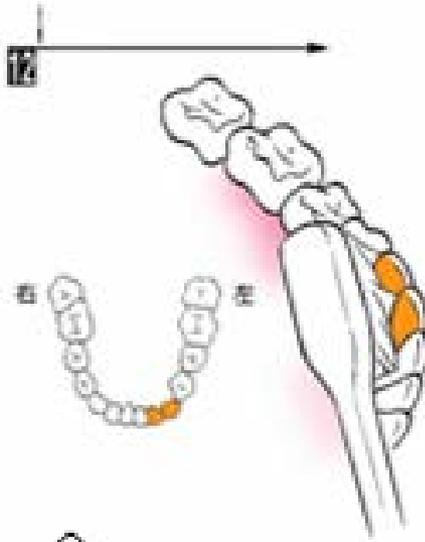
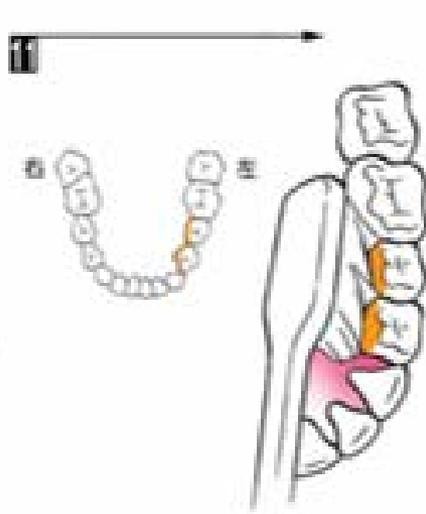
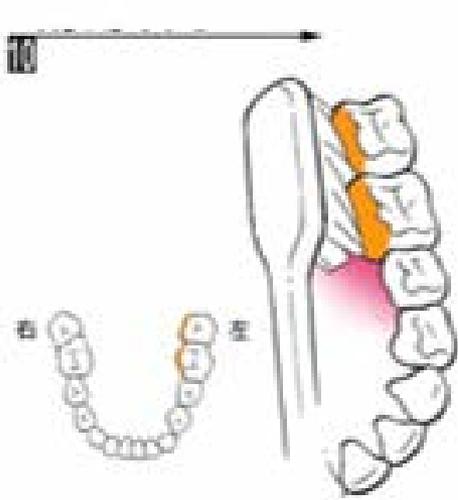
下牙頰側牙面，  
右邊開始。



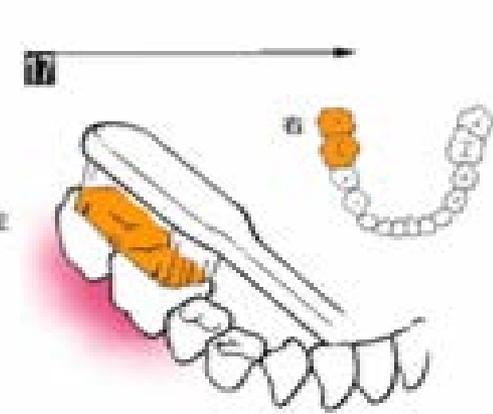
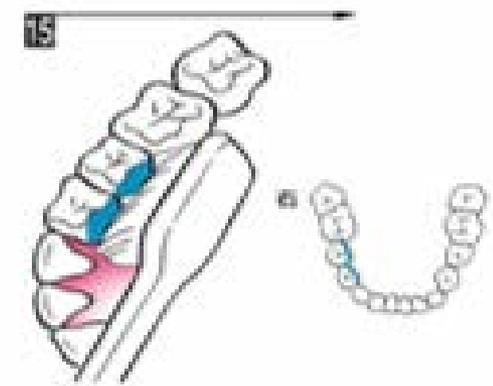
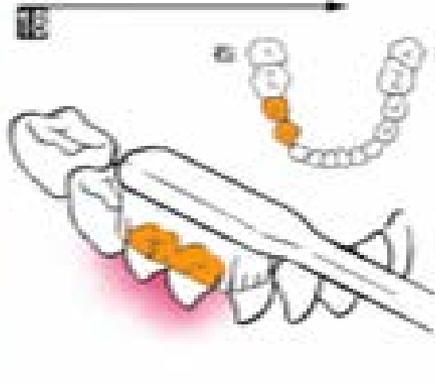
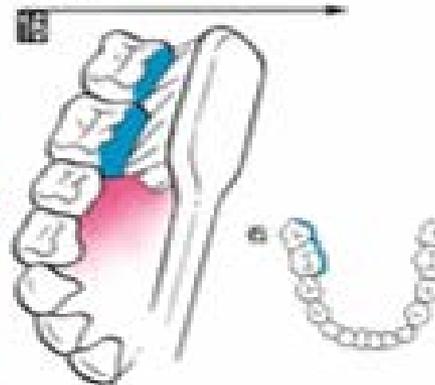
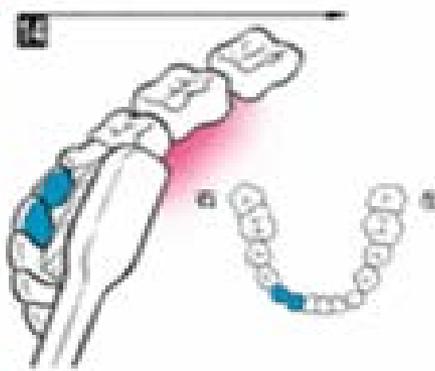
刷下排牙之一



刷牙下排牙之二



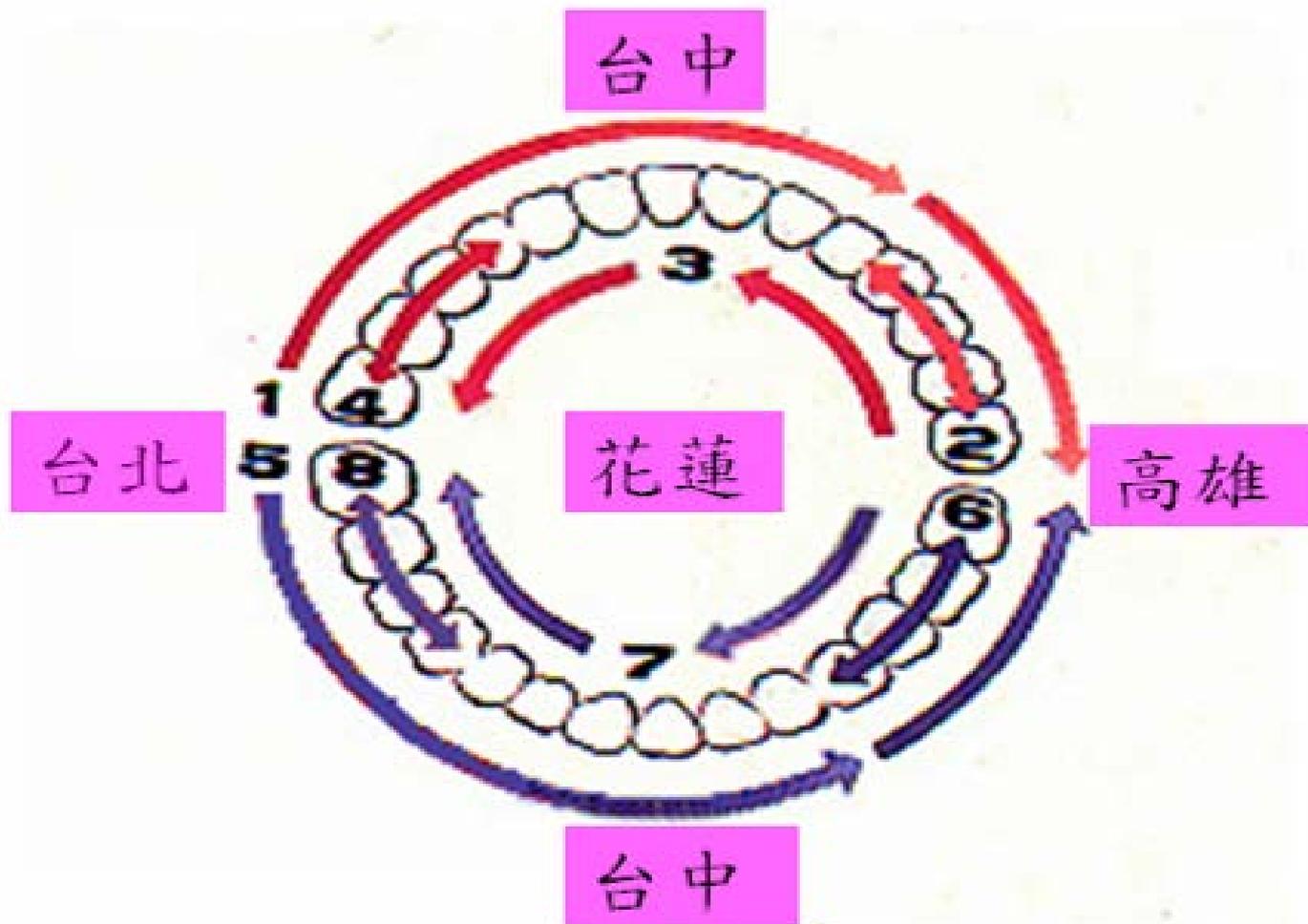
# 刷牙下排牙之三



下牙咬合面，  
右邊結束。

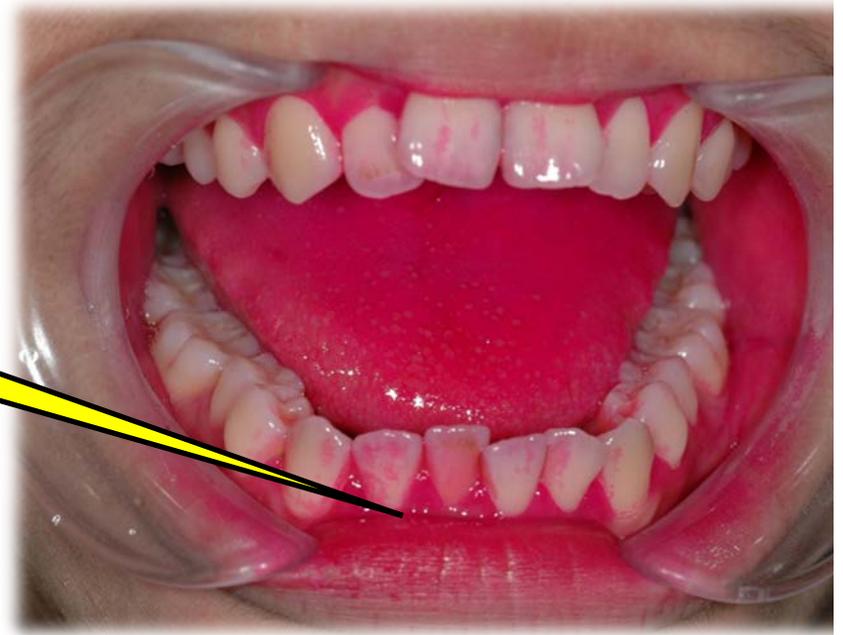
# 刷牙之四

# 貝氏刷牙法就像乘坐火車 順著鐵軌全島走透透



# 使用貝氏刷牙法的成效

一般刷牙法

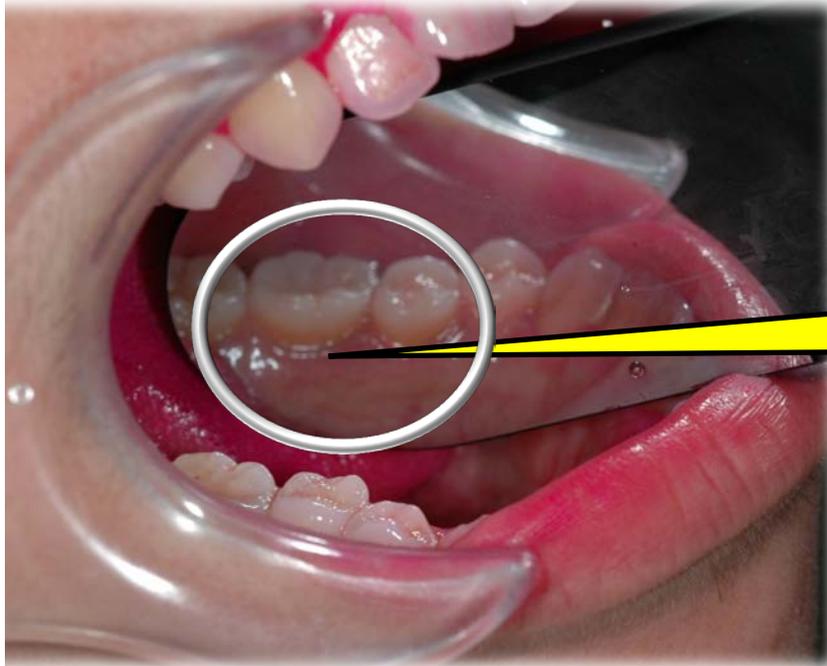
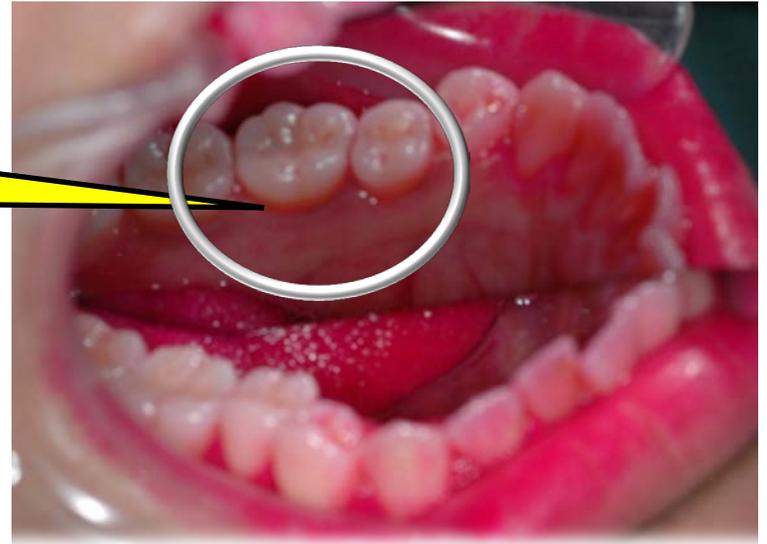


貝氏刷牙法

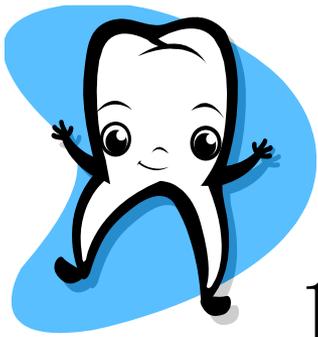


# 使用貝氏刷牙法的成效

一般刷牙法



貝氏刷牙法



# 刷牙常見錯誤

1. 牙刷太大.
2. 刷毛太硬.
3. 刷牙時埋頭苦幹.
4. 刷牙時閉口.
5. 刷毛被牙齒分岔.
6. 牙刷方向與牙齒排列方向不一.
7. 隨心所欲的刷.

