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

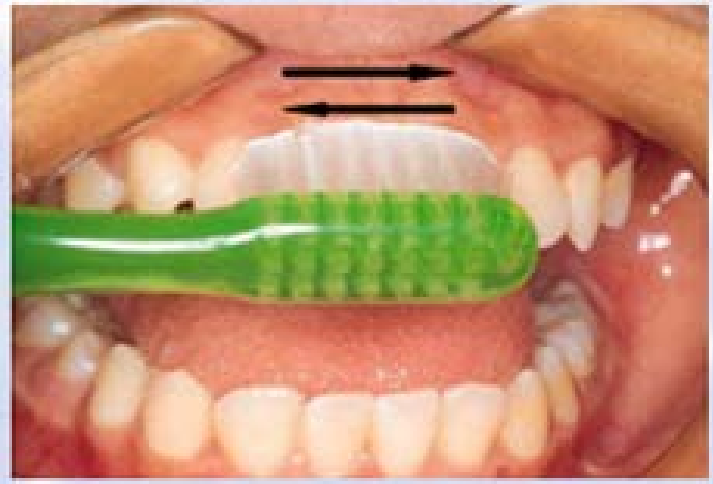
1. 鏡子
2. 牙刷
3. 牙線
4. 含氟牙膏
5. 牙間刷
6. 牙菌斑顯示劑

貝氏刷牙法

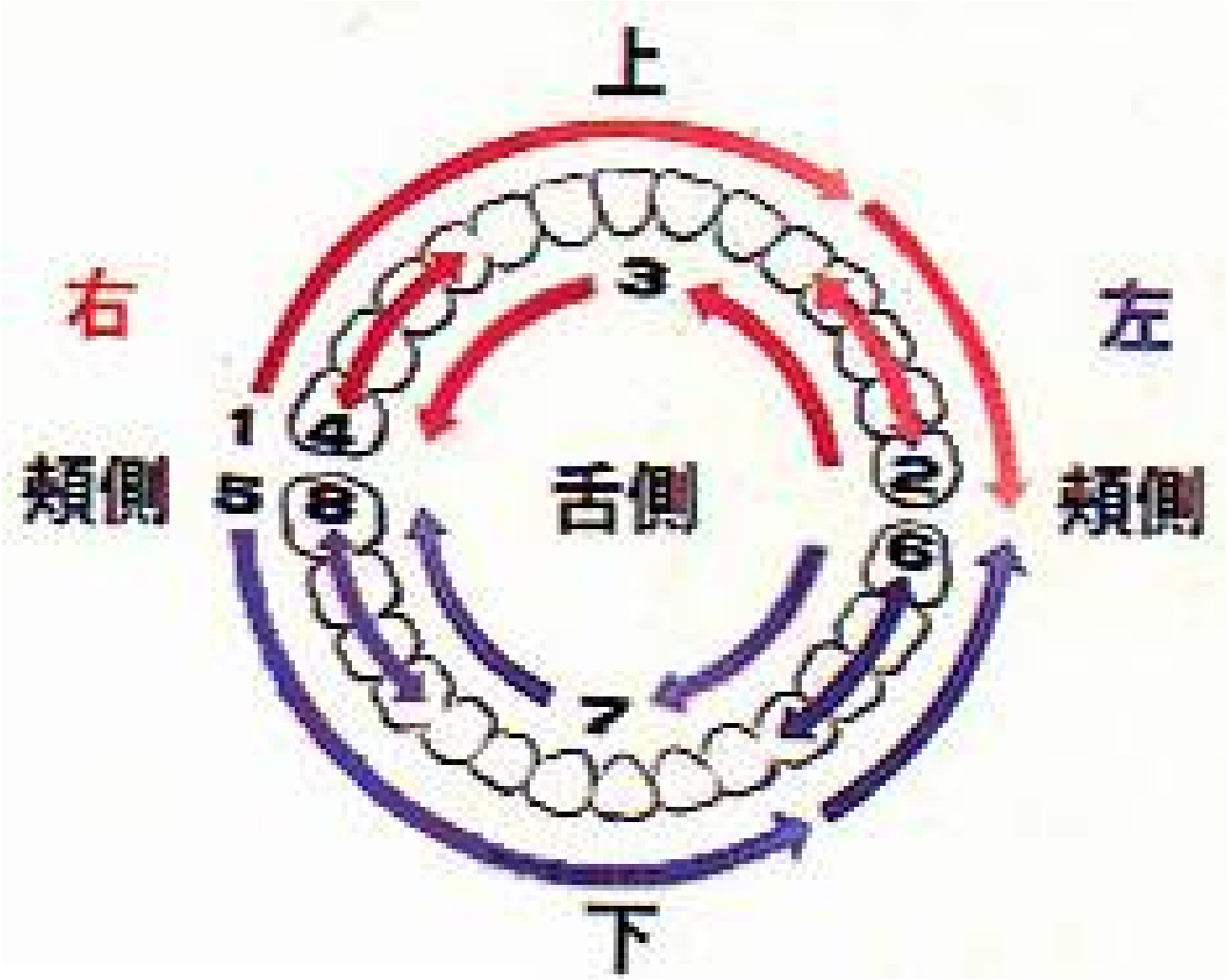
- 牙刷與牙面成45°～60°
- 涵蓋一點點牙齦
- 兩顆兩顆來回約刷10次



刷毛與牙面成45度角


短距離左右來回刷

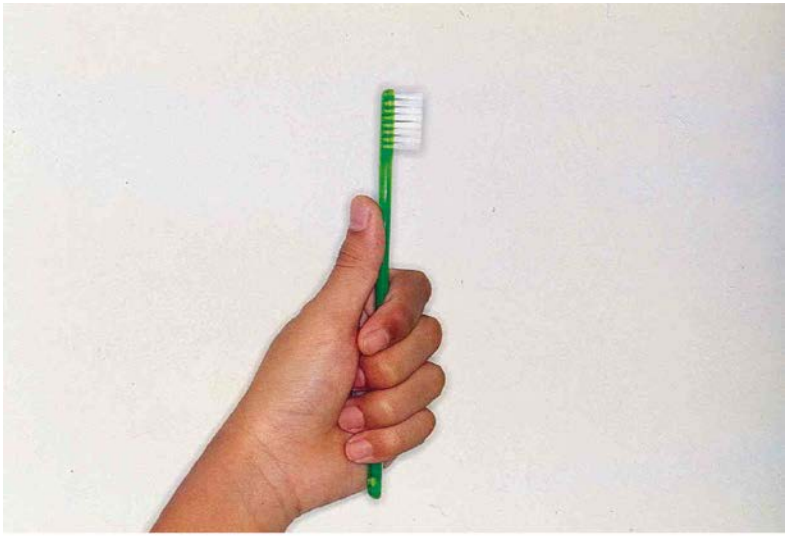
貝氏刷牙法的順序



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

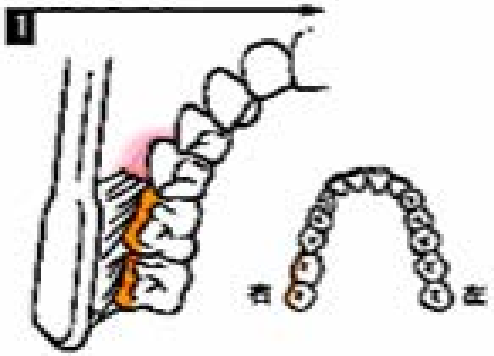


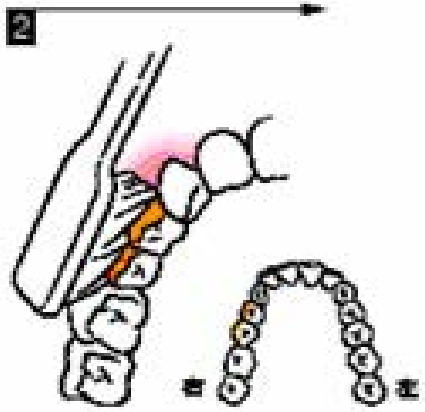
刷毛向前緊握牙刷

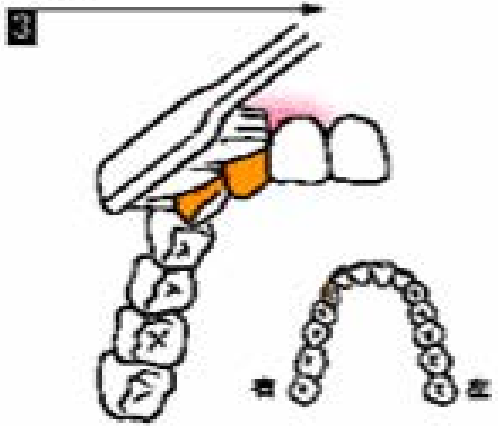


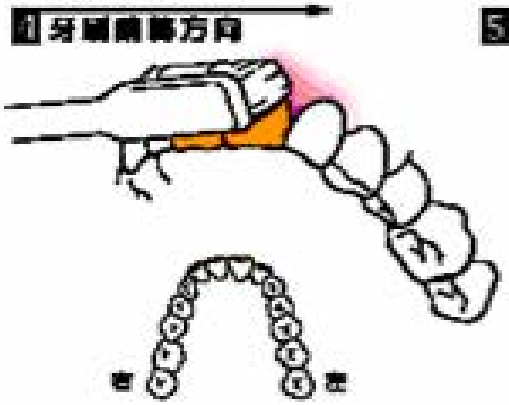
看清楚刷牙位置

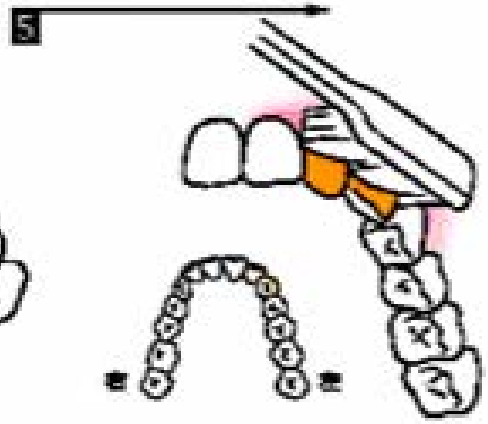
上牙頰側牙面，
右邊開始。



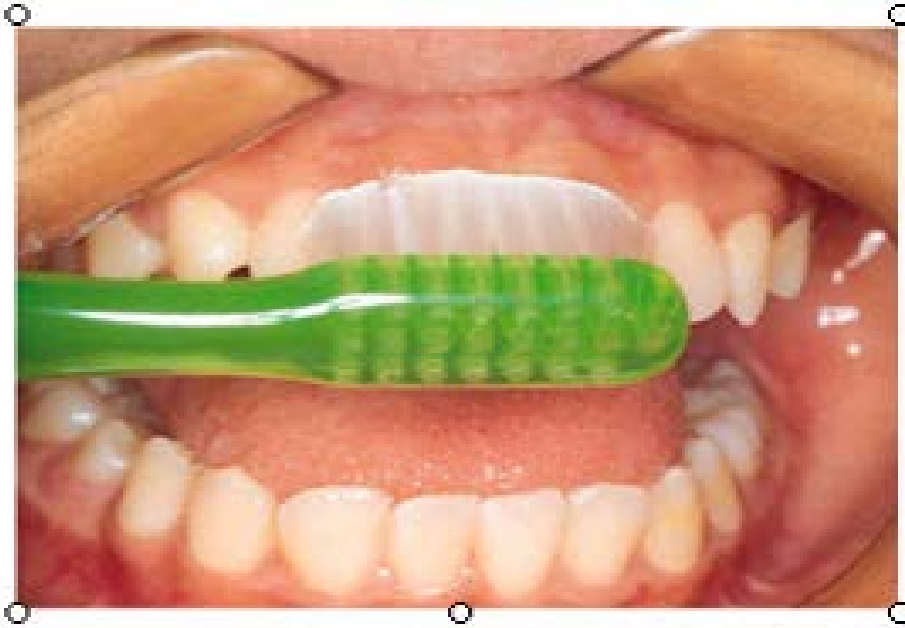








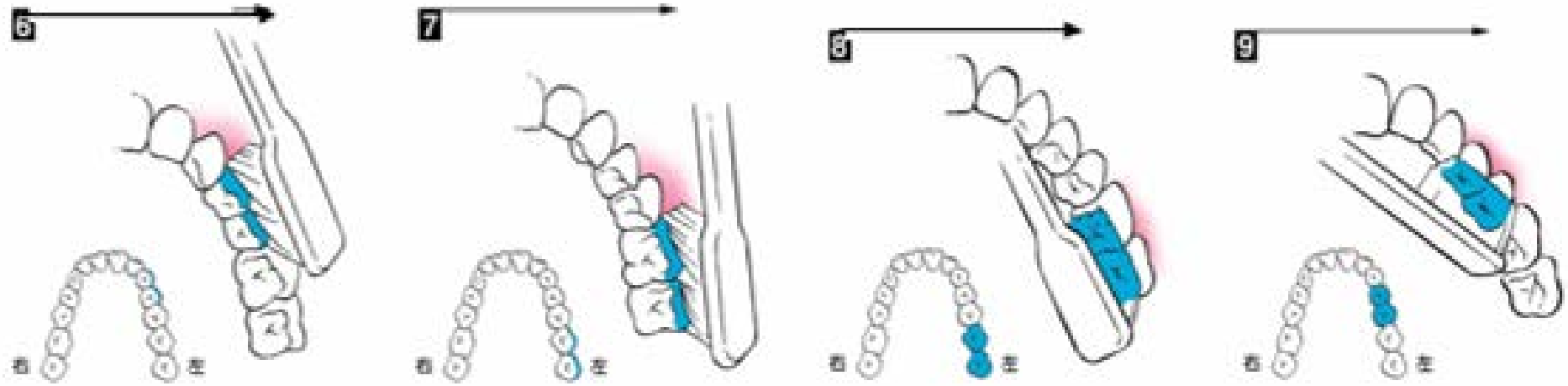




刷上排牙之一



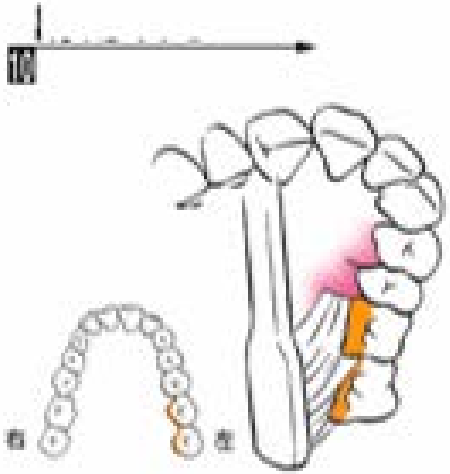


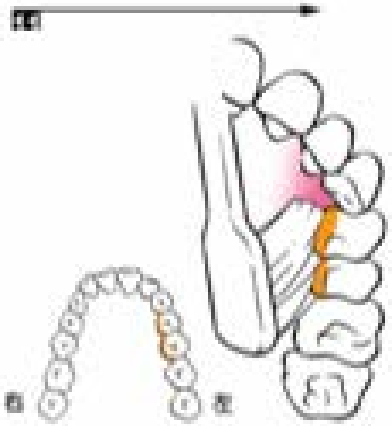


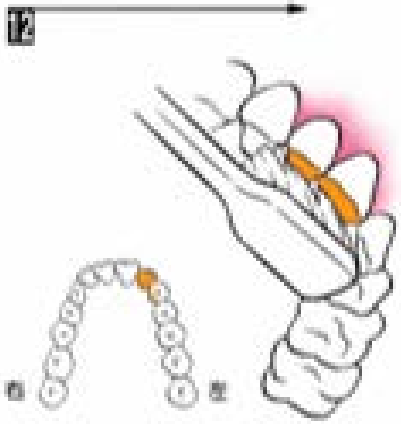
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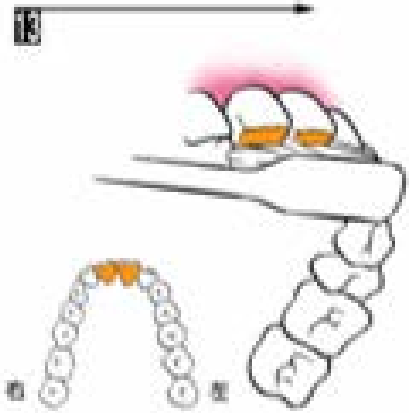




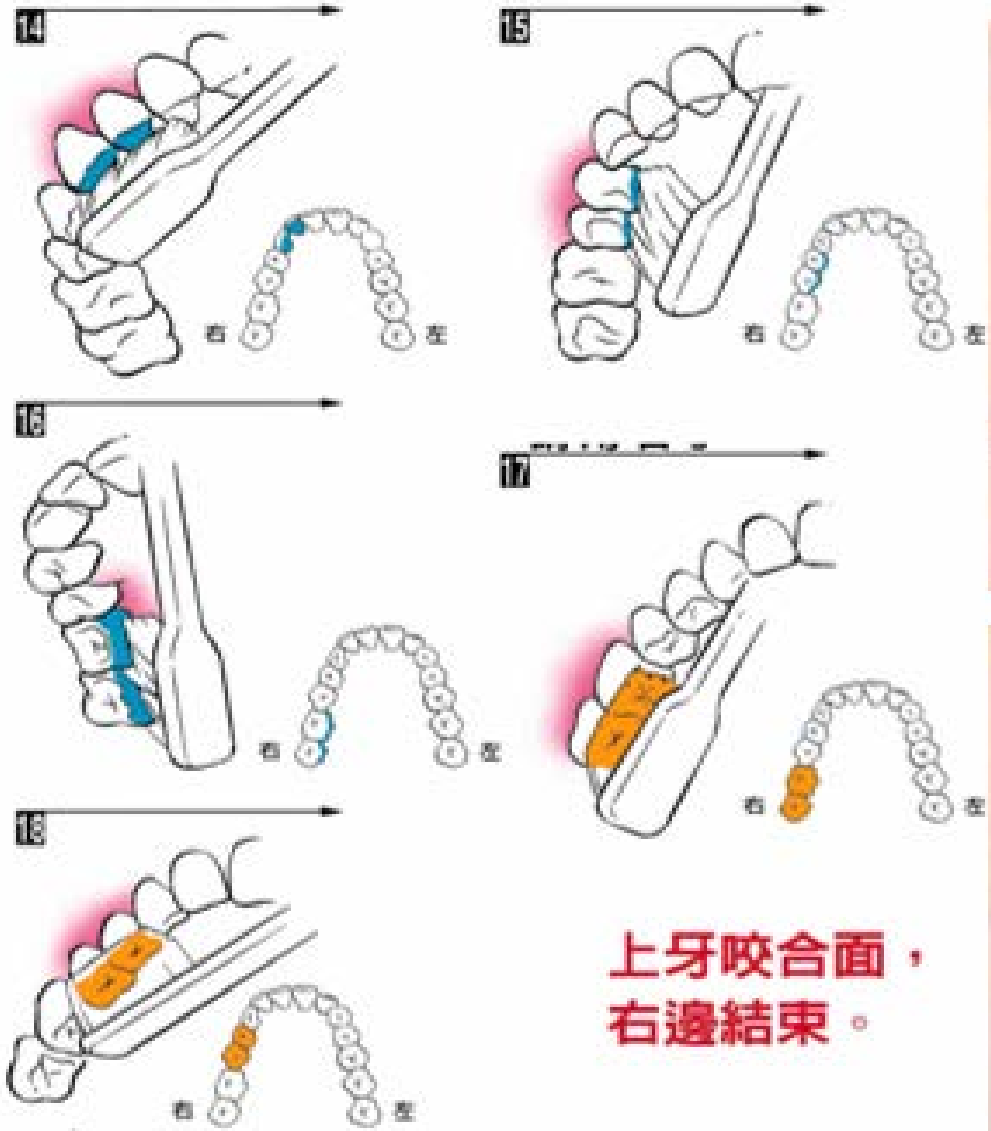








刷上排牙之三

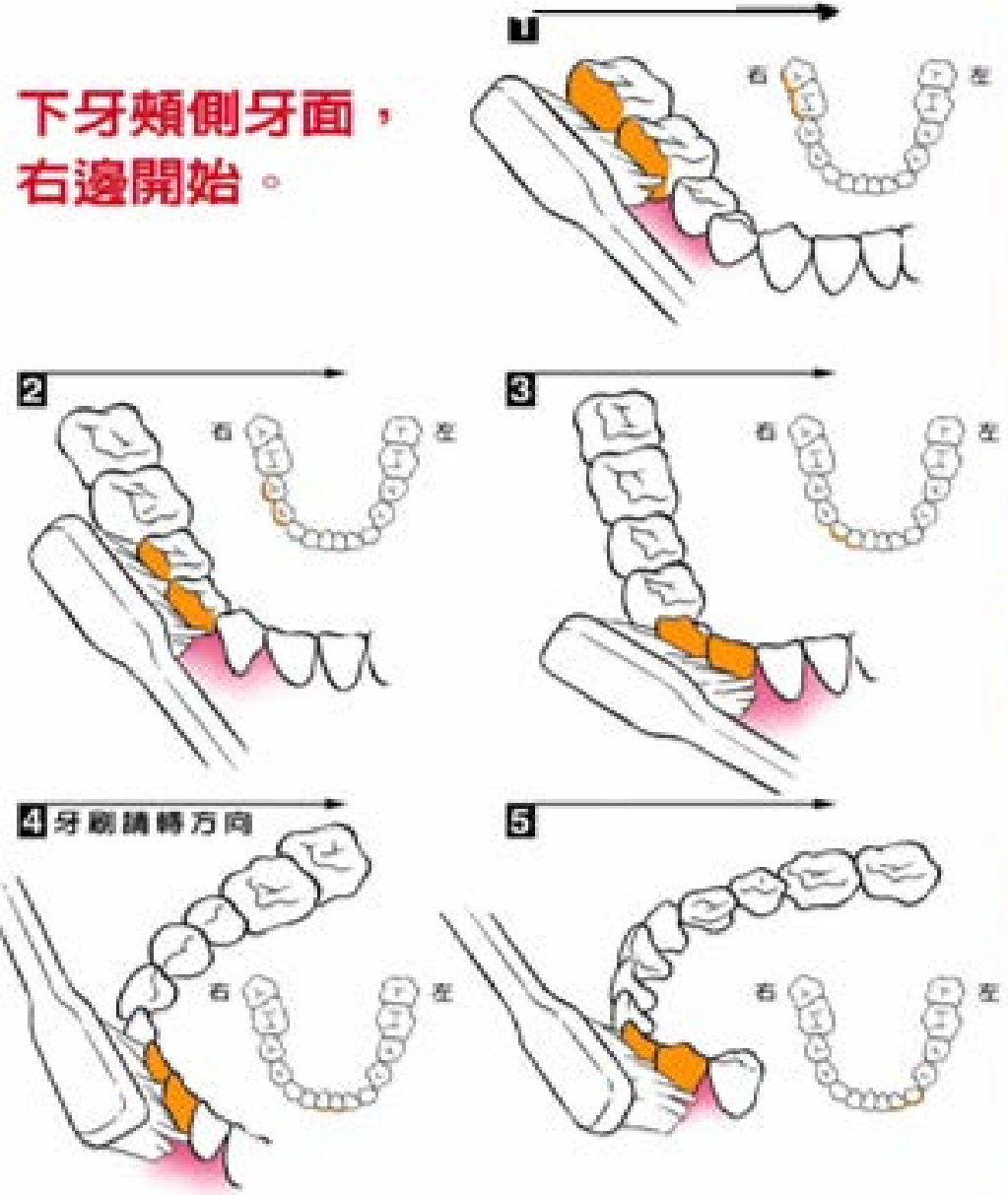






刷上排牙之四

下牙頰側牙面，
右邊開始。



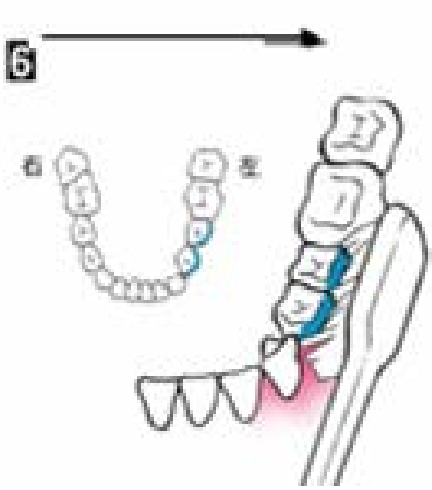


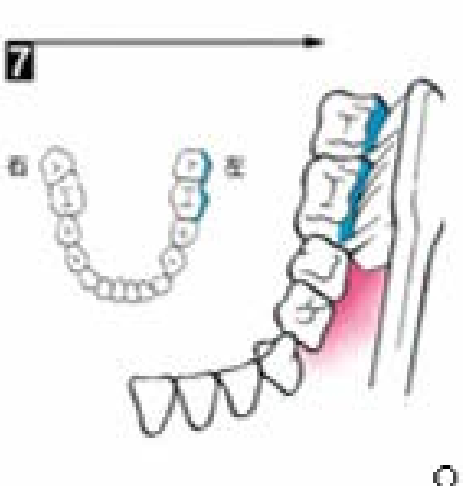


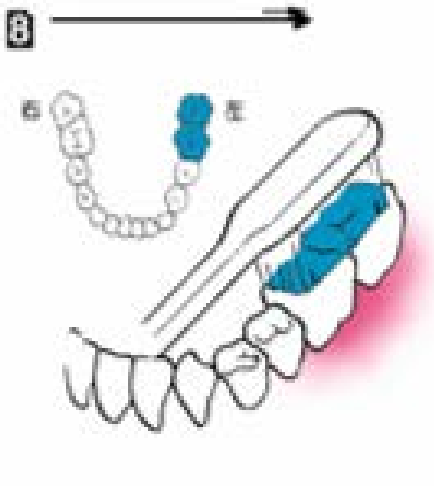
刷下排牙之一

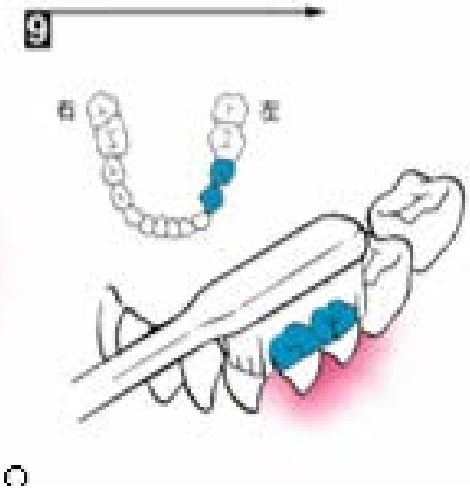








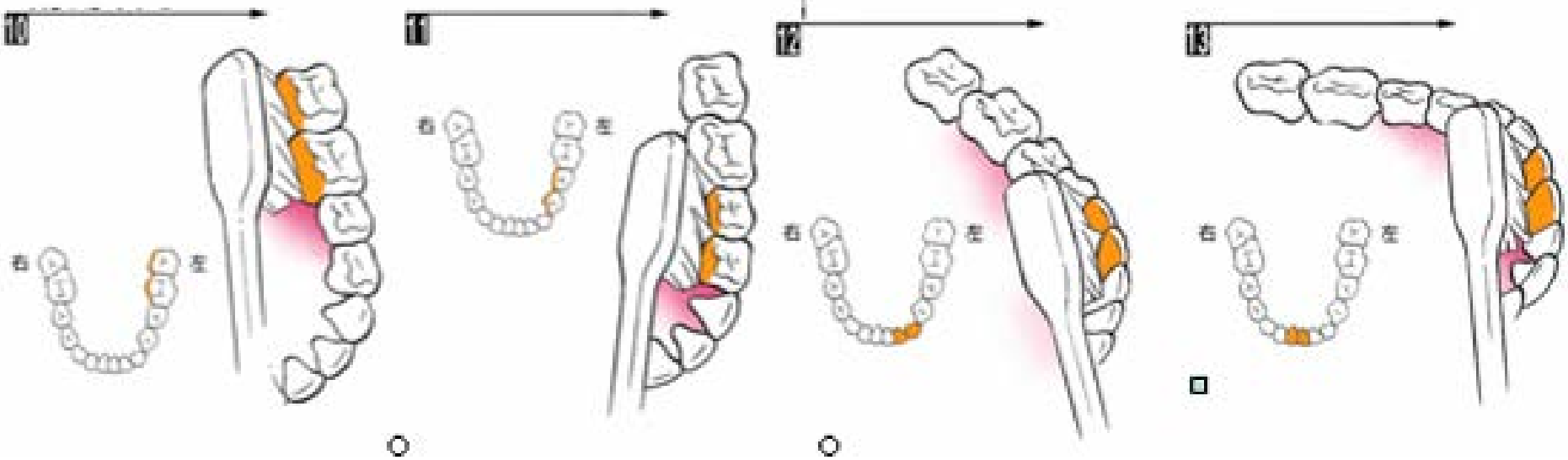




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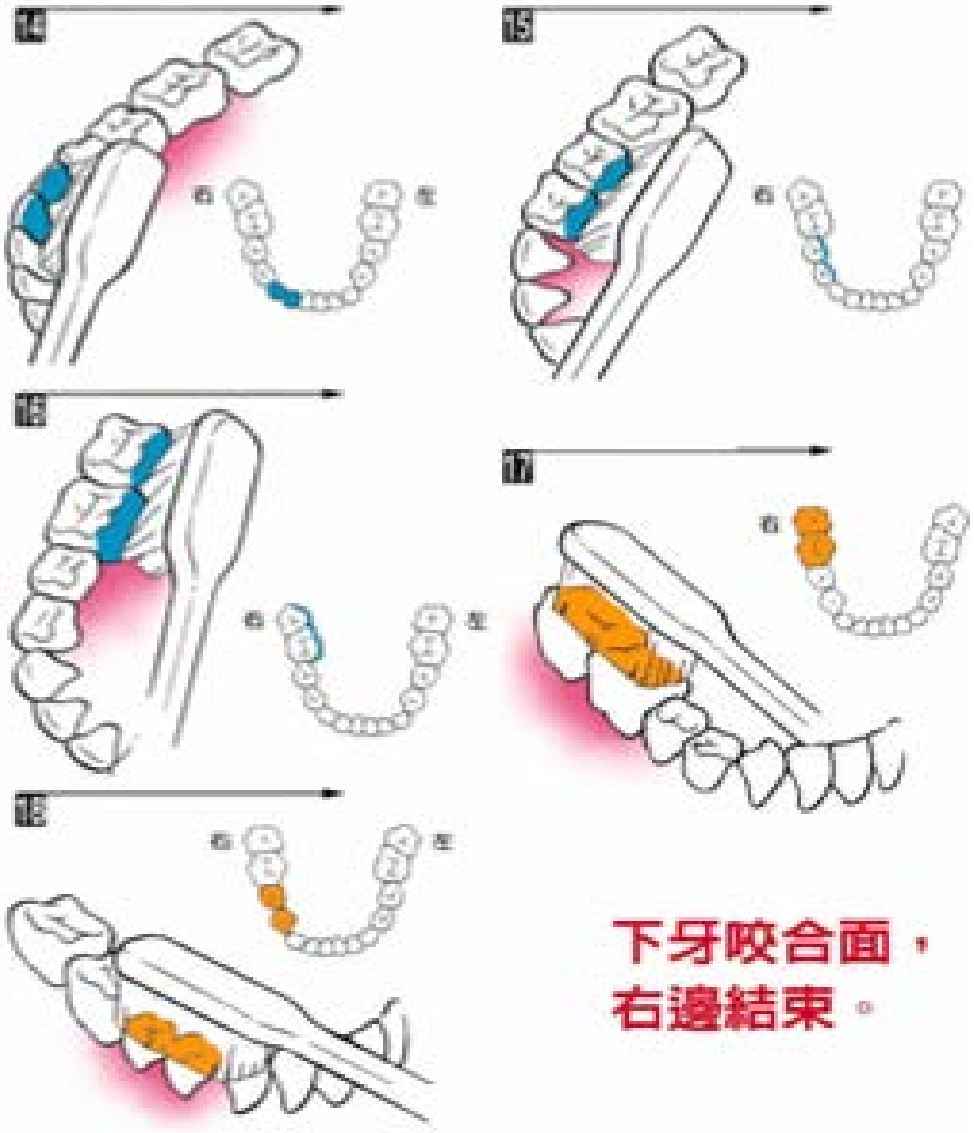




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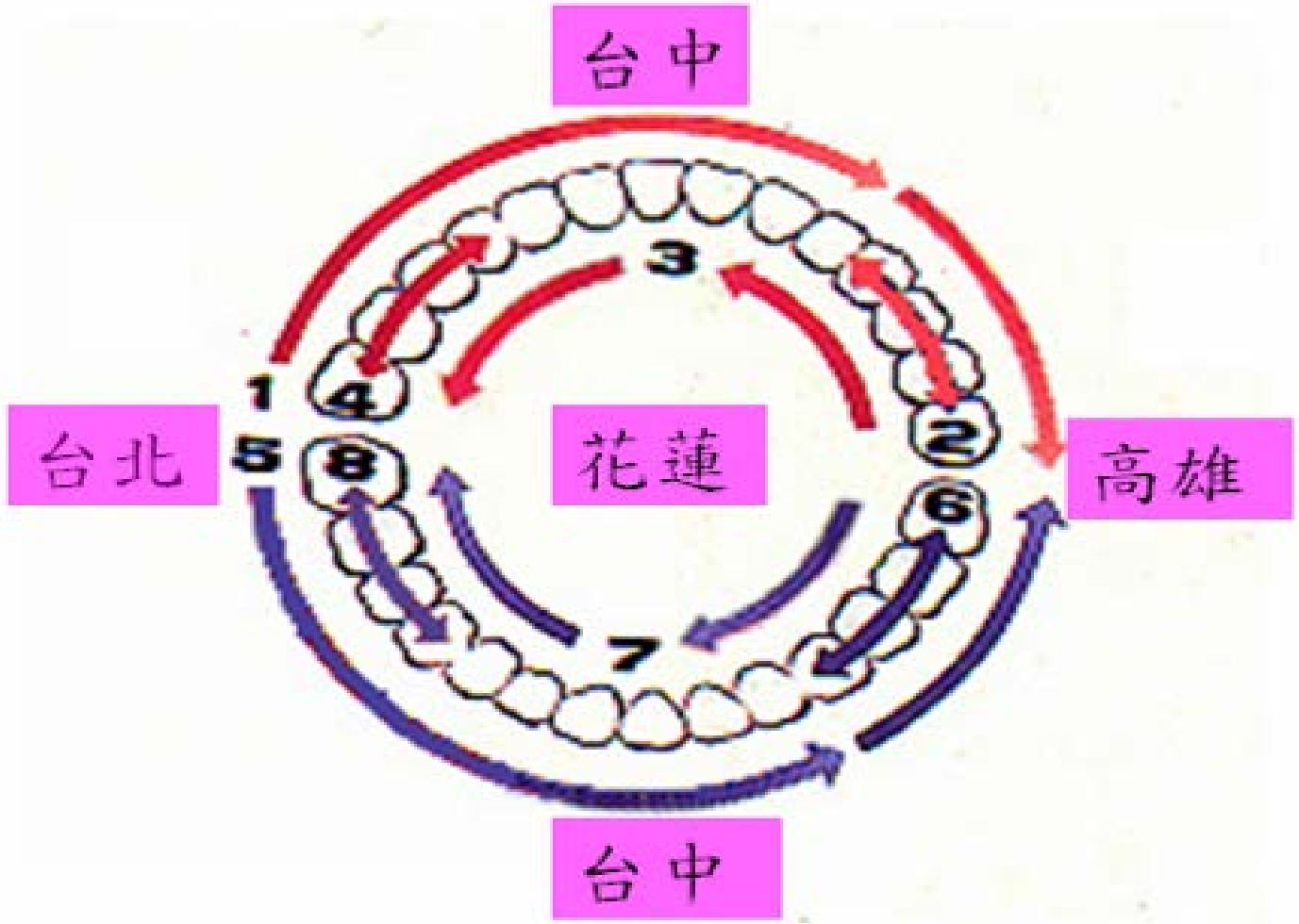






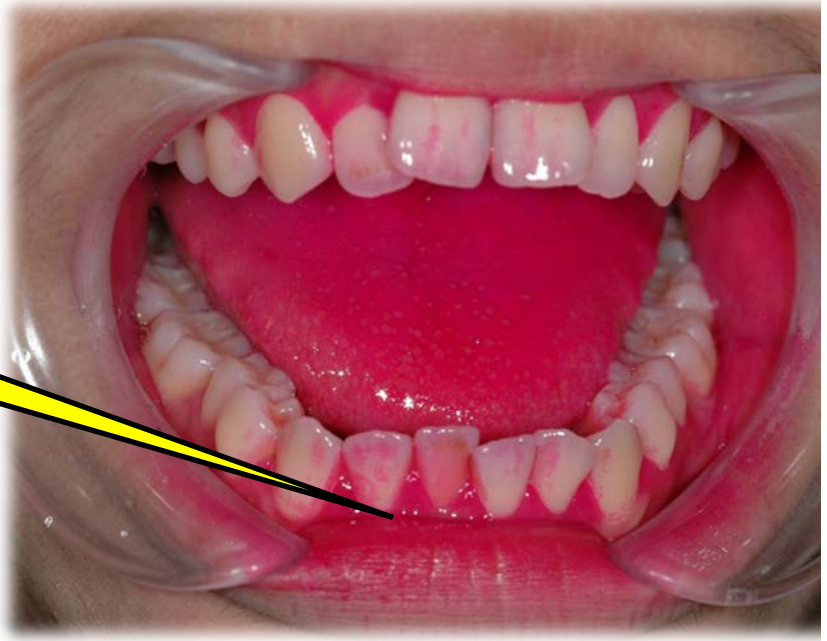
刷下排牙之四

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

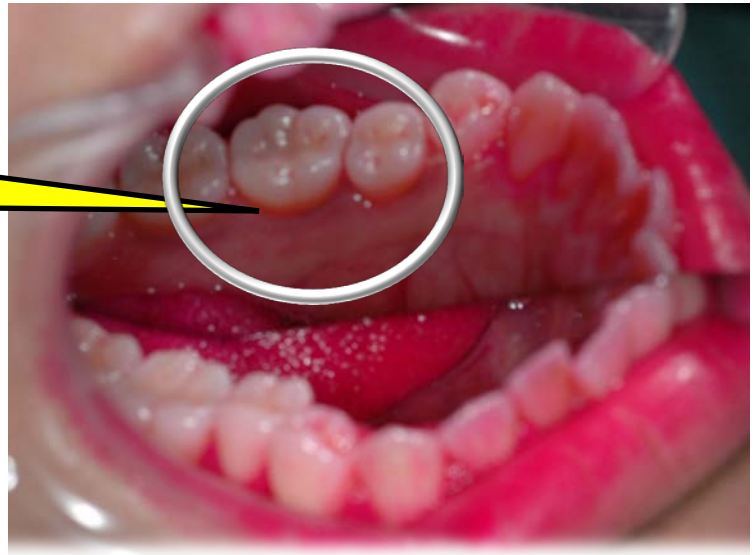


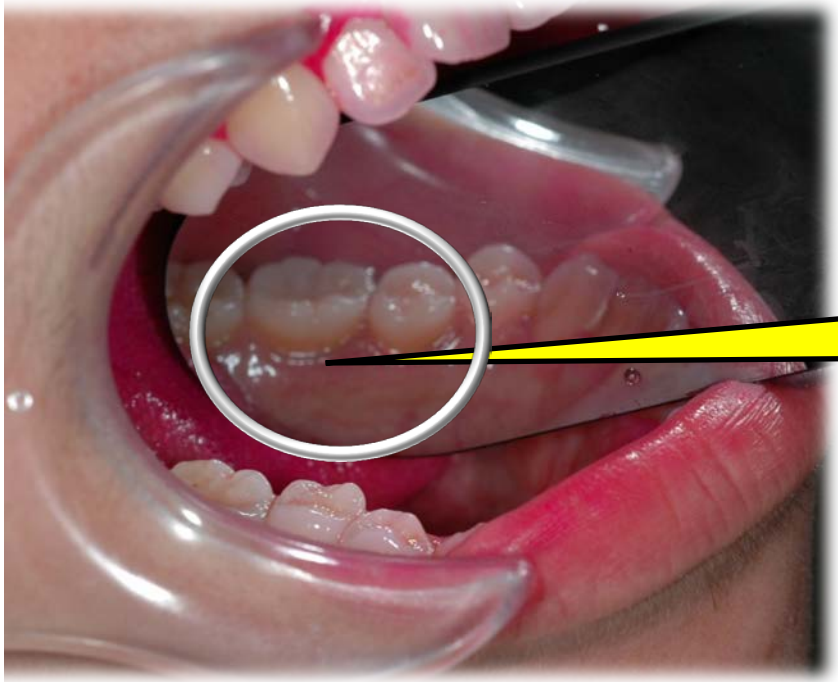


貝氏刷牙法

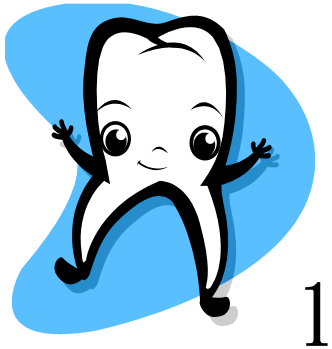
使用貝氏刷牙法的成效

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.

