

**PUSAT PERGIGIAN U 优牙科中心 U DENTAL CENTER**

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**UDA/Tampoi 新山 乌达/淡杯** : 39-01, Jalan Padi Emas 1/3, Uda Business Center, Bandar Baru UDA, 81200 Johor Bahru Tel: 607-2 444 666 SMS: 6016-6 800 200 HP: 6016-6 800100  
**Taman Molek 百合** : 84-01, Jalan Molek 2/2, Taman Molek, 81100, Johor Bahru. Tel : 07- 35 33 222 SMS:6 016-6 300 500 HP: 6019-500 8 500  
**Bukit Indah 武吉英达** : 65 , Jalan Indah 16/12, Taman Bukit Indah, 81200 Johor Bahru, Johor. Tel: 07-232 GIGI, 07-232 4444, SMS:6 014-9 900 900 HP: 6014-888 2000  
**Mount Austin 奥士丁** : 70-01, Jalan Austin Heights 8/7, Taman Mount Austin, 81100 Johor Bahru. Tel: 607-364 3477 SMS: 6013-500 6 700 HP: 6016-200 4 500  
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**U Dental Specialist Clinic 优牙科专科诊所 Klinik Pakar Pergigian U**

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**Oral Care During Orthodontic Treatments**

**绑牙期间的口腔卫生**

First few days after putting on braces:

在绑牙治疗开始的最初几天:

Your teeth may sore/tender for a few days. If you feel tightness/discomfort, eat soft food and avoid biting on hard food.

如果您感觉疼痛或紧，吃软的食物并且避免咬硬的食物。不舒服的话可以吃两粒 PANADOL.

Do not intentionally try to rub your lips or cheek against the buttons/brackets, this may cause ulcers.

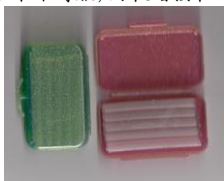
不要故意地用您的嘴唇摩擦钢钮或钢丝，这会使您的嘴唇/面颊溃疡/破皮。

If you have any problem please contact the clinic.

如果您有任何问题请与诊所联系。

use soft wax and press it to cover the irritating bracket(s) or wire

如果不舒服，用软蜡按在令您不舒服的钢钮或钢丝上



“Emergency” Soft Wax



Special Order Soft Plastic



You can buy or specially order 2 soft plastic/cover to shield the lips and cheeks and reduce the discomfort during the initial stage of wearing the braces.

你可以购买软塑料或者预订购软塑料按在令您不舒服的钢钮或钢丝上，保护嘴唇和脸颊，以减少初步的不适。

Comfort Cover For Orthodontic Braces (From Ortho Technology)

If there is ulcer, use protective gel/medicines (e.g. Gingigel, Bonjela, Aloclair Gel etc) on the ulcer.

如果已破皮，在破皮/溃疡上用途防护凝胶或药(如 Aloclair Gel, Gingigel, Bonjela等)。



Brush-brushing gently from the gum line.

刷牙-把一排牙分成两部分，从牙龈/牙肉轻柔刷向钢丝，再从钢丝刷向牙头



Cleaning Between the Teeth

清洗牙缝隙:

Floss and Floss Threader

牙线穿过钢丝下面和牙龈之间



Behind the wire or in between teeth with big gap)

牙缝牙刷(在钢丝之后或的牙之间的大缝)



SuperFloss (only for big gaps)

超级牙线：比较粗，只限用来清洁大的牙缝



Ortho Patient Hygiene Kits Checklist 新绑牙患者个人卫生用品清单

- Orthodontic Toothbrush
- Interdental Floss
- Interdental Brush
- Dicloding Tablets/Solution(Red)

- Aloclair Gel/Bonjela/Gingigel (For Ulcer)
- Emergency Soft Wax or Comfort Cover For Orthodontic Braces (From Ortho Technology) (RM45 2 pieces)
- Instruction Sheet/Booklet (Free)