

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

大学城Taman U : 26A, Jalan Kebudayaan 1, Taman Universiti, 81300 SKUDAI. Tel/Fax:607-521 1111, 607-5208508. SMS: 6014-888 9000

武吉英达Bukit Indah : 30A, Jln. Indah 16/5, Taman Bukit Indah, 81200 Johor Bahru. Tel: 07-232 GIGI, 07-232 4444, SMS:6 014-9 900 900

新山大丰Taman Sentosa : 25A, Jalan Sutera, Taman Sentosa, 80150 Johor Bahru.Tel : 07-3333 000 SMS: 6014 800 2000

新山UDA/Tampoi : 39-01, Jalan Padi Emas 1/3, Uda Business Center, Bandar Baru UDA, 81200 Johor Bahru Tel:607-2 444 666 HP:016-6 800100

[www.gigi.my](http://www.gigi.my) info@gigi.my

**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/band, this may cause ulcers.

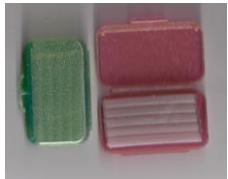
不要故意地用您的嘴唇摩擦钢钮或钢丝，这会使您的嘴唇/面颊溃疡/破皮。

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



Comfort Cover For Orthodontic Braces (From Ortho Technology)

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。

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

如果已破皮，在破皮/溃疡上用途防护凝胶或药(如Gingigel, Bonjela, Solcoseryl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

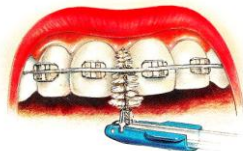
牙线穿过钢丝下面和牙龈之间



**Behind the wire or in between teeth**

with big gap)

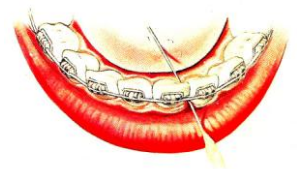
牙缝牙刷(在钢丝之后或的牙之间的大缝)



**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**

You may ask the counter if the following items available for sale/order.

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

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