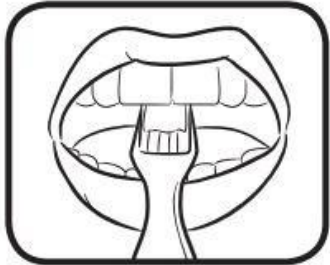




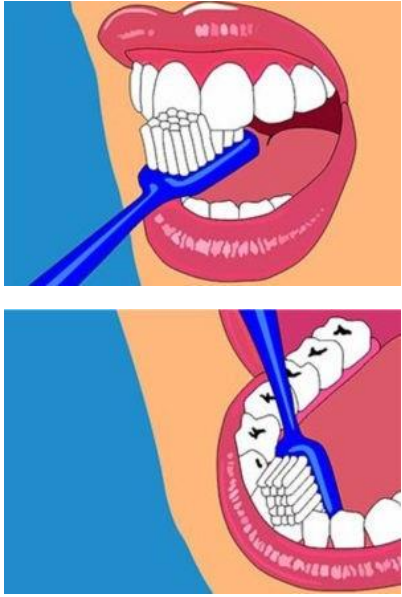
## 前牙內側你刷對了嗎？

前牙內側應該是橫的刷還是直的刷呢？

美國牙科協會以及各國相關單位資料指出在清潔前側時應將牙刷垂直，以直刷牙法潔牙。

「以牙刷清潔牙齒時應將牙刷 45 度角放在牙齒與牙齦交接處，以清除牙齦邊緣上方和下方的牙菌斑，並在短時間內輕輕地前後移動牙刷。要清潔「前牙」的內側面，他們應垂直傾斜牙刷並上下滑動幾次。」

單位	說明	原文	照片
美國牙科協會	清潔前牙內側時，應將牙刷垂直，以直刷牙法潔牙。	To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.	
		In general, the American Dental Association suggests that people place the toothbrush against the gumline at a 45-degree angle to remove plaque from above and just below the gingival margin, and move the toothbrush gently back and forth in short strokes. To clean the inside surfaces of the front teeth, they should tilt the brush vertically and make several up-and-down strokes.	
SUNSTAR	將牙刷垂直傾斜放置前牙內側。使用刷毛的前半部分進行上下清潔。	Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.	
美國 HENDERSON SMILE GENERAL & SPECIALTY DENTISTRY	前牙內側的部分，將牙刷傾斜以使其垂直，並上下清潔。	For the teeth at the front of your mouth, tilt the brush so that it is vertical and use up-and-down strokes.	

<p>Helodent (印度 Anandham Dental Innovations Pvt.Ltd)</p>	<p>將牙刷垂直，以直 刷方式清潔上下顎 前牙內側。</p>	<p>Clean the inside surfaces of the upper front teeth by tilting the brush vertically with small up and down strokes .</p> <p>Clean the inside surfaces of lower front teeth by tilting the brush vertically with small up and down strokes.</p>	
--	--	--	---

資料來源：

1. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>
2. <https://www.ada.org/en/member-center/oral-health-topics/toothbrushes>
3. <https://www.gumbrand.com/proper-brushing-flossing>
4. <https://hendersonsmilestx.com/patient-resources/patient-education/#>
5. <http://helodent.com/how-to-maintain-good-oral-health/>