



Oral Health Care

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Oral health care is to prevent bacteria vegetative from mouth, which we usually say that disease goes in by the mouth. The problems which derived from mouth, such as inflammation and halitosis deeply influence on patients' life quality and interpersonal relationships . Keeping the oral clean can prevent or improve aptha or cranker and increase the conform of oral, meanwhile to maintain good sense of taste and ingestion.

Daily self care:

- I. Brush teeth after every meal and before sleeping to avoid the bacteria vegetative that lead to tooth decay.
- II. A soft bristled tooth brush should be chosen as hard bristles tend to cause gingival recession.
- III. Matering the brushing techniques. Set your bristles at the gum line at a 45-degree angle. Brushing 2-3 teeth a time, work your around your mouth in a cycle (start from inside, outside and upper side of chewing surface) at least 10 times.
- IV. Flossing your teeth is just as important as brushing, as it removes built up plaque, bacteria and food particles that get trapped between the teeth and which soft floppy toothbrush bristles can't reach even when used with up/down natural motion.
- V. The standard recommendation is to visit your dentist twice a year for check-ups and cleanings.

If you have any question or suggestion, please contact with us. We are happy to provide services to you . Contact telephone number: Taipei main Hospital: (02)25713760, Hsinchu branch: (03)5745098, Taitung branch: (089) 310150 ext: 311. Time of consultant: 9:00 am.~12:00 noon, 2:00 pm.~5:00 pm Monday ~ Friday.

May God bless you