

家長最關心嘅事



學前兒童口腔健康外展計劃



點解小朋友需要咁早接受口腔檢查？

主要係為咗預防幼兒蛀牙，同時維護乳齒健康以引導恆齒正確生長。

學童口腔檢查服務包括？

- 。口腔檢查
- 。口腔健康報告
- 。按需要為學童塗氟化物
- 。按需要為家長提供學童口腔護理建議

什麼是氟化鈉(NaF)和氟化銀(SDF)？

氟化鈉(NaF)和氟化銀(SDF)係兩種常用嚟預防蛀牙同控制蛀牙嘅含氟劑，兩種同樣屬於非侵入性治療。

氟化鈉(NaF)是一種常見的氟化物。

主要用途：預防蛀牙、幫助牙齒嘅琺瑯質再礦化。

特點：藥膏呈透明/帶少少黃色，塗抹後唔會影響牙齒外觀。

氟化銀(SDF)一種由銀離子、氟和氯離子組成的液體。

主要用途：阻止蛀牙繼續惡化，同埋舒緩牙齒敏感。

特點：只需塗喺蛀牙位置就可以。

注意地方：塗完後，蛀牙位置會永久變黑。

兩種塗劑只需用小棒子將物料塗在牙面上便可，是安全且高回報嘅牙齒保健選擇。儘管極為罕見，如小朋友接受NaF/SDF後出現口舌腫脹或呼吸困難等的嚴重過敏反應，必須立即求醫。

學童牙齒塗上氟化銀(SDF)後變黑，以後會唔會褪色？

牙齒塗上氟化銀(SDF)後變黑代表蛀牙已經成功被控制。乳齒脫落換成恆齒，新長出嘅牙齒會係正常顏色，完全唔會受到影響。

在偶然情況下藥水唔小心搗到牙肉或皮膚，可能會出現啡色或白色小印，通常1至3星期內會自然消失，對身體無害。

小朋友無蛀牙，仲需要塗氟嗎？

非常需要。

乳牙蛀得好快，短短幾個月就可以由小白斑變成大洞、蛀到牙神經，引致牙痛、發炎等，影響恆齒發育，所以塗氟能夠減少蛀牙風險。

邊類人士唔適合塗氟？

- 。對氟化物或塗氟成分(如樹脂、香精)過敏人士。
- 。現患有哮喘或嚴重呼吸道過敏人士。
- 。口腔有大面積潰瘍或創傷者、牙齦出血嚴重，塗氟容易刺激患處引致不適，建議先諮詢家庭牙醫再進行。

接受氟化鈉(NaF)或氟化銀(SDF)治療後需要注意什麼？

- 。塗藥後30分鐘內不要飲食及漱口
- 。30分鐘後可正常飲食
- 。當日不要再使用其他含氟制劑



口腔檢查加塗氟過程痛唔痛？會唔會唔舒服？

過程中唔痛、唔使打針、唔使鑽牙。

只會有少少藥味，唔會傷牙肉、唔會流血。不過，亦要視乎小朋友當時嘅個人情況，有啲小朋友可能會比較緊張，但大部分小朋友都可以係安撫下順利完成。

每位學童檢查過程大約要幾耐？

一般小朋友口腔檢查只需幾十秒；但如果發現有較嚴重嘅蛀牙、需要做氟化銀(SDF)治療，時間就會相應延長少少。



Top concerns for parents

Outreach Oral Health Programme for Pre-school Children



Why do children need to get an oral examination in the early phase?

Early oral examination helps preventing early childhood caries, while maintaining the proper growth of teeth.

What does an oral examination for pre-school-children include?

- Oral screening
- Oral health risk assessment
- Topical fluoride application as appropriate
- Oral screening report

How long does an oral examination last?

The oral examination will only take a few tens of seconds. For children who need to receive fluoride varnish, the examination time will be slightly extended.

Do children without cavities still need fluoride application?

Yes, children without cavities still benefit from fluoride applications. Milk teeth can decay very quickly; fluoride application prevents future tooth decay and strengthens developing enamel.

Is oral examination and fluoride application for children cause any discomfort?

The process is usually pain-free. SDF application may leave a slight metallic taste in the child's mouth for a few hours and cause no harm. However, the process can occasionally cause mild, temporary emotional distress. In most situations, even a very small child can undergo an oral examination smoothly and comfortably.

What are Sodium fluoride (NaF) and Silver Diamine Fluoride (SDF)?

Sodium Fluoride (NaF) and Silver Diamine Fluoride (SDF) are two common topical dental treatments used to prevent tooth decay. Both of them are fluoride-containing agents and classified as non-invasive dental treatments.

Sodium Fluoride (NaF) is a transparent/ a little yellow ointment helps prevent tooth decay, and promote Enamel Remineralization. After NaF application, the appearance of the tooth usually remain unchanged.

Silver Diamine Fluoride (SDF) is an alkaline solution composed of silver ions, ammonia, and fluorine ions. It has been clinically proven to be an effective agent to arrest tooth decay. SDF application to a tooth helps strengthen the tooth structure, and slow down the progression of tooth decay. SDF is applied simply to the decayed tissue with a small brush. After application of SDF, the decayed tissue of the tooth will harden and turn black permanently.

Both NaF and SDF application are safe and effective options to prevent the progression of tooth decay. Although extremely rare, if severe allergic reactions such as swelling of the mouth or tongue or difficulty breathing occur, seek medical attention immediately.

Any precautions should be taken after receiving Sodium Fluoride (NaF) or Silver Diamine Fluoride (SDF) application?

Children are advised not to eat or drink for 30 minutes after NaF/ SDF application and they are advised not to use other high fluoride-containing medications on the same day.

After SDF to the tooth, the tooth will turn black, will it fade later?

A tooth that turns black after SDF application represents that tooth decay is successfully arrested. When that particular milk tooth falls out and is replaced with permanent tooth, the newly grown permanent tooth will be of normal color.

When SDF accidentally touches the gum or skin, it can cause a temporary brown or white stain. The stain will disappear naturally in 1 to 3 weeks and is harmless to the body.

Who are not suitable to receive fluoride application?

- Persons who are allergic to fluoride or fluoride components (such as resins or fragrances).
- Children with current asthma or severe respiratory infections.
- Children with large oral ulcers, or severe gum bleeding shall consult their family dentists before.

