

何謂牙齒矯正治療

What is **ORTHODONTIC TREATMENT**?

牙齒矯正治療(箍牙)借助牙齒矯正器(牙箍)令參差不齊的牙齒移至理想的位置。

Orthodontic treatment involves the use of corrective appliances to treat problems in the alignment of teeth and the jaws.



在個別發育中的兒童，牙齒矯正科醫生亦會使用活動或固定的功能矯正器以改善顎骨之生長情況。

In some growing children, removable or fixed functional appliances are sometimes used by the orthodontists to improve the growth of the jawbones.



牙齒矯正科醫生最常用的是黏合式之固定牙箍及附加作牽引之金屬弓絲。

Fixed braces with adhesive attachments and wires are the most common orthodontic appliances used by the orthodontists.



彈弓 Spring

另外，對某些簡單之病例，活動牙箍已可達至所需的治療效果。

In some simple cases, removable appliances are adequate to achieve the desired treatment outcomes.

在甚麼情況下才需要接受牙齒矯正治療?
What conditions are indicated for orthodontic treatment?

通常有下述的情況發生，便應接受牙齒矯正治療：
The following conditions are indicated for orthodontic treatment:

因牙齒參差不齊而影響患者的外觀及心理，一般以兒童及青少年較為明顯。

Crooked teeth affect one's appearance and psychological state, generally more so in children and youth.

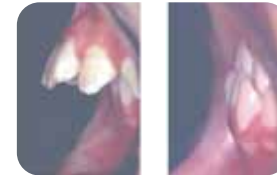


因牙齒不整齊而導致清潔困難，容易藏積牙菌膜及食物殘渣，造成蛀牙及牙周病。

The poorly aligned teeth are more difficult to keep clean. Dental plaque and food debris are easily trapped, posing risks for dental decay and gum disease.



哨牙
Protrusive teeth



倒殆牙
Reverse bite



因牙齒咬合不良有可能導致咀嚼困難或造成牙齦損傷。

The poor bite may lead to gum injury and difficulties in chewing.



一般疑問 General Queries

牙齒排列 Tooth Alignment 有 TAKE TWO

1. 哪個年齡最適合箍牙？ Which is the best time to start orthodontic treatment?

在青少年的成長階段，箍牙成效較好。成人所需的治療時間較長，治療過程亦比較複雜，可能衍生的併發問題也較多。矯齒科醫生會就治療的適當時間作出建議。

In growing children, treatment results tend to be better. Orthodontic treatment for adults is usually longer, as adults are no longer growing. The risk of complications among adults is also higher. Your orthodontist will advise you on the appropriate timing of treatment.

2. 箍牙會否令牙齒疼痛？ Is orthodontic treatment painful?

每次矯齒科醫生在鋼線上加力以牽引牙齒移動時，會帶來酸軟或微痛的感覺，一般於數天後便可適應。

Most people have some tenderness after their braces are first put on or when adjusted during treatment. The discomfort is short-lived and easily managed.

3. 箍牙會否有不良影響？ What are the side effects of orthodontic treatment?

安裝牙箍後，必須加倍注意口腔衛生，否則會容易患上蛀牙及牙周病，或會令牙齒表面出現白斑。此外，曾受損傷的牙齒（因創傷或嚴重蛀牙）亦有可能在矯齒期間壞死，而需要接受根管治療。

Poor oral hygiene during orthodontic treatment can lead to dental decay, white spots (decalcification) and gum disease. A tooth previously injured by decay or trauma can become non-vital over a period of time. A non-vital tooth may flare up during orthodontic treatment, hence requiring root canal treatment.



4. 箍牙後牙齒位置能否保持不變？ Will my teeth become crooked again after orthodontic treatment?

牙齒移位是正常的生理現象，在矯齒治療後牙齒亦會無可避免地出現不同程度的移位傾向，戴上固定器可以減少牙齒移位的情況。

Teeth continue to move throughout life. Most shifting of teeth is within normal limits, and proper wearing of retainers will keep the changes to a minimum.

注意事項 KEYNOTES

牙齒矯正治療過程漫長，並且需要顧客高度合作。

Orthodontic treatment is a lengthy process and demands a high level of client commitment and cooperation.

輕微的牙齒移位是正常的生理現象，並非所有情況都需要箍牙，縱使箍牙後亦未必能達至預期效果。

Minor tooth movement is a normal physiological phenomenon, not all conditions need or invariably benefit from orthodontic treatment.

決定接受箍牙前，請向牙齒矯正科醫生查詢和瞭解有關個別療程的潛在困難及風險。

You should seek the advice of the orthodontist and understand the potential difficulties and risks involved in the proposed treatment before making your decision.



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