

牙齒問題

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問：若牙齒很黃，用多點時間或用力點刷牙，能否使牙齒回復潔白？

答：牙齒發黃的原因主要有兩個：外在牙漬和牙齒本身的顏色。前者主要是由於一些外在的色素，例如茶、咖啡或煙草積聚在牙齒表面而形成。這些牙漬通常可以靠仔細（並非大力）清潔牙齒來預防，但一旦形成，便不容刷除，只能靠專業的洗牙服務除掉。但若果牙齒本身的顏色偏黃，則無論刷多久、多用力，也是無濟於事。有時更可能會因過份用力刷牙而導致牙齒表面較白的琺瑯質磨損變薄，露出底層較黃的象牙質，結果牙齒越變越黃。要分辨牙黃的原因是牙漬引起還是牙質本身就是偏黃，只要洗一次牙便會知道。因為洗牙能除掉牙漬，但如果洗牙後牙齒還是黃色的話，則表示這是牙質的本色，怎樣刷也不會變白，這些情況需要透過專業漂牙改善。

問：刷牙時經常流牙血，是否刷牙過份用力所致？

答：絕大部份流牙血的成因是牙周病。積聚在牙肉附近的細菌分泌毒素，引致牙肉紅腫發炎。紅腫的牙肉一旦被觸碰，如刷牙時被牙刷或牙線觸碰便很易會出血，這與刷牙的力度無關。



問：脫掉鬆動的牙會導致兩旁的牙齒因失去支撐而變鬆，接著一隻一隻脫落，造成惡性循環，所以無論牙齒如何鬆動都不應把它脫掉。這說法對嗎？

答：牙齒堅固與否，主要是取決於它是否有足夠的牙槽骨在牙齒的四周承托牙根。若牙槽骨因牙周病而被侵蝕，牙齒便會因缺少牙槽骨支撐而變鬆（就如樹木因泥土流失而倒下），最終脫落。因此，兩旁的牙齒並不能鞏固牙齒。很多時，牙齒一隻接一隻變鬆脫落，是因為這些牙齒同時患有嚴重的牙周病。而預防和治療牙周病的方法是好好清潔牙齒和接受洗牙等專業治療。

問：懷孕的婦女可否接受牙科治療？

答：孕婦懷孕期間體內賀爾蒙的轉變，會令她們較易出現牙肉紅腫和流牙血等牙周病病徵。因此，孕婦更應加強口腔護理和接受洗牙治療。其實，很多牙科治療對孕婦來說都是安全的。所以，除非孕婦有特殊的病歷或憂慮，否則在胎兒最穩定的時期（懷孕第四至六個月）接受一般的牙科治療是沒有問題的。不過，X光檢查時釋放出來的輻射可能會影響胎兒。為安全起計，孕婦只有在無可避免的情況下，才在有足夠防禦措施的環境下接受X光檢查。當然，牙醫會按病人的個別情況決定她是否適合接受某種治療，而最重要的是要預先告訴牙醫你正在懷孕。



Dental Health

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Q: If my teeth are yellowish, can I make them white by brushing more or harder?

A: The main causes for yellowish teeth may be external (staining) or internal (intrinsic colour of the teeth). The former (staining) comes from external factors, such as tea, coffee or cigarettes. These coloured deposits on the teeth's surface can usually be prevented by careful (not hard) brushing/flossing. However, it is not easy to remove once they are formed and professional cleaning may be needed. If the teeth are naturally yellowish (internal), they will not turn white no matter how long or how hard we brush. Sometimes, teeth will become even more yellowish if the outer layer of enamel (which is whiter) is thinned by excessive brushing which makes the inner layer of dentine (which is more yellowish) exposed. We can distinguish between external or internal cause of yellowish teeth by having a professional cleansing, which removes the external stains. Intrinsic colour will remain even after cleansing and bleaching may then be needed for improvement.

Q: Is gum bleeding during brushing caused by excessive force?

A: The most common cause of gum bleeding during brushing is gum disease. Bacteria near the gum releases toxins, resulting in inflamed gums. And these inflamed gums will bleed easily even when gently touched with a toothbrush or floss.

Q: I have heard that removal of a loose tooth will result in the loss of support to the adjacent teeth, which thus loosens them and eventually they will

fall out one after another. Therefore, we should never take out loose tooth. Is that correct?

A: Whether the teeth can stand firm depends on adequate alveolar bone support around the roots of the teeth. If the alveolar bone is lost due to gum disease, the teeth will become loose (or even fall out) because of the lack of bone support (just like a tree will fall down owing to the soil erosion). Therefore, adjacent teeth play no role in supporting our teeth. It is not uncommon to find people losing one tooth after another when there is severe gum disease. And the best means to prevent and cure gum disease is to brush our teeth properly everyday and have regular professional cleaning.

Q: Should pregnant women receive dental treatment?

A: Because of hormonal changes inside their body, pregnant women are prone to symptoms of gum disease, such as swollen gum and gum bleeding. Better oral hygiene and professional cleaning are important in such cases. In fact, most dental treatments are safe for pregnant women. Therefore, except for special medical reasons or excessive anxiety, pregnant women can receive common dental treatment during the second trimester of pregnancy, that is from fourth to sixth month when the fetus is the most stable. However, radiation from x-ray examination may affect the fetus. For safety reasons, dental x-ray examination should only be carried out in unavoidable situations and protective measures should be implemented accordingly. No doubt, your dentist will map out the most appropriate treatment plan according to your own needs. And most importantly, you should inform your dentist about your pregnancy before any dental treatment.