

漱口水的使用方法(英文版)

How to use mouthwash

一、漱口水的作用要視其漱口水本身所含成份種類而定，如預防蛀牙、牙周病或減低牙齒敏感的程度。

1. The function of mouthwash depends on the ingredients contained in the mouthwash, i.e. cavity prevention, periodontitis or reducing the degree of tooth sensitivity.

二、漱口水僅為口腔衛生的輔助用品，漱口水無法清除牙菌斑，不能取代牙刷與牙線，若沒有良好的口腔清潔工作，單用漱口水是沒有幫助的。

2. Mouthwash is only supplement to oral hygiene and it could not remove the dental plaque, replace toothbrush and dental floss. Use of mouthwash without excellent oral cleaning work would be useless.

三、一般健康的口腔，不需要多加使用漱口水，大多是針對特殊情況下使用，如有急性發炎、手術後清潔牙齒不易執行者(如：接受顎骨固定術的病人)、口腔手術前使用(可降低細菌感染的機會)。

3. The general healthy cavity does not require use of mouthwash as most mouthwash is used under special circumstance. For example, acute inflammation, difficulty with cleaning the tooth after surgery (i.e. patients who receive jawbone fixation), use before oral surgery (to reduce opportunity of bacterial infection).

四、若口腔黏膜有潰瘍、紅斑時，建議使用中性的漱口水，如：

(1)0.9%生理食鹽水。

(2)1/4 茶匙食用鹽+25cc 煮沸過之開水。

4. In case of ulcer and erythema in oral mucosa, use neutral mouthwash such as:

(1)0.9% saline solution.

(2)1/4 teaspoon of salt and +25cc of drinking water that has been boiled.

五、若舌苔等較髒的口腔粘膜，建議可用 1/4 茶匙食用鹽+1/4 茶匙小蘇打粉+25cc 煮沸過之開水。

5. For oral mucosa such as coating on the tongue with more bacteria, it is suggested to use 1/4 teaspoon of salt + 1/4 tea spoon of baking soda + 25cc of drinking water that has been boiled.

六、漱口頻率：一天 4 次及食用食物後，每次漱口一分鐘，每次漱口水約 15cc，漱口至少含 30 秒後再吐掉。

6. Frequency of Mouthwash: Four times a day and after eating. Gargle 15cc of mouthwash for one minute. Gargle for at least 30 seconds before spitting it out.

七、漱口水稀釋：1：1（煮過的開水：漱口水），稀釋液勿使用自來水。

7. Mouthwash dilution: 1:1 (drinking water that has been boiled: mouthwash). Do not use tap water for dilution.

八、商業配方的漱口水，使用以不超過兩星期為宜，長期使用會有副作用，如容易造成牙齒及舌頭染色和影響味覺。

8. Do not use mouthwash with commercial formula for more than 2 weeks as side effects will accompany with long-term use, i.e. teeth and tongue coloring and affecting the taste.

參考資料：


周繡玲、謝嘉芬、李佳諭、江孟冠、紀雯真。(2011)。*癌症病人口腔黏膜炎臨床照護指引*。腫瘤護理雜誌，11 (suppl.)，61-85。

衛生福利部食品藥物管理署(2013)。衛生署呼籲民眾使用漱口水特別注意事項。取自

<http://www.fda.gov.tw/TC/newsContent.aspx?id=9665&chk=3b2a7c55-3d6f-4bfd-82a9-9b67a3fb3f7d#.U3Xf8fmSzTo>

若您想對以上的內容進一步了解，請洽諮詢各護理站之護理人員電洽 05-2756000

轉_____病房，分機：_____、_____。

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