為什麼要保持牙齒健康？

眾所周知，牙齒的主要功用是咀嚼食物，幫助消化，但牙齒也是構成面部輪廓的重要一員。假如沒有牙齒，面部會顯得凹陷，使皺紋增加，更會咬字不清，難以與人溝通。如果想擁有燦爛和漂亮的笑容，先決條件就是保持牙齒健康。

養和醫院牙科部提供全面的牙科服務，令您擁有更健康的牙齒和更燦爛的笑容。一般人可能對某些牙科服務與治療感到陌生，因此本部門誠意為閣下介紹一些常見的牙科治療，助您加深認識。
Why is it so important to Take Care Of Our Teeth?

We all know that the main function of our teeth is for eating and chewing food into small pieces as the first step of digestion. But do you know that teeth give structure to your face? Without teeth, our face will look collapsed and have more wrinkles. Without teeth, we may not be able to pronounce our words properly to communicate with others. The key to having a beautiful smile is a set of healthy teeth.

The Department of Dentistry of Hong Kong Sanatorium & Hospital provides you with various dental services aiming at giving you a brighter and healthier smile. The following are some of the common services/procedures in dentistry that you might have always wanted to know a little bit more about.
牙齒美容

牙齒美白

求診人士可選擇在本部門接受專業的牙齒美白療程，或在家中使用本部門所提供的牙齒美白產品，達成美白牙齒、展現燦爛笑容的心願。

牙面瓷片

將特別配製的瓷片鑲貼在牙齒的表面，以改善牙齒的缺陷與形狀。醫生及求診人士更可一同研究及選擇瓷片的色泽，以達至最理想的效果。
Cosmetic Dentistry

Teeth Whitening

Teeth can be effectively bleached to look whiter and brighter with our in-office or take-home tooth whitening kits.

Veneers

To improve the appearance of defective or roughened teeth surfaces, veneers are custom-made to cover the facial part of a tooth where correction is necessary. Patients can also choose the shade of veneer they desire.

牙面的象牙質通常只會削去 0.5-1 mm 左右以維持牙齒原有的厚度。Approximately 0.5-1 mm of frontal tooth structure is removed for proper mechanical retention and best esthetic results.
牙齒矯正

傳統牙齒矯正治療與隱形牙箍

人們現在已無須因為擠、太疏或不整齊的牙齒而感到煩惱，因為箍牙可矯正牙齒的排列，改善儀容，同時使牙齒發揮最佳功用。除了傳統的金屬牙箍，求診人士更可選擇透明的「隱形牙箍」，那末即使在箍牙期間，亦能以最佳狀態示人。
Orthodontic Dentistry

Conventional Orthodontic Treatment and Invisible Aligners

Crowded and mal-aligned teeth aren’t problems anymore. With orthodontic treatment, teeth can be straightened for a better-looking smile and proper functioning. Aside from the conventional use of braces to align teeth, the transparent aligners or “invisible braces” can be elected as your treatment system of choice, making you look good even when you are having your teeth straightened.
一般治療

口腔衛生

本部門提供洗牙及牙齦刮治服務，以清除黏附在牙齒表面的牙菌膜、牙石及牙漬，而註冊牙科衛生員更會按照求診人士的個別情況和需要，指導保持口腔衛生的方法及設計合適的牙齒保養療程。

牙齒修復

面積較小或程度較輕的蛀牙，可以透過簡單的補牙方法進行填補，防止牙齒進一步蛀壞。及時治理早期的蛀牙，不僅可節省時間和金錢，更能防止情況惡化至不可收拾的地步。
Conservative Dentistry

Dental Hygiene

In addition to mechanical removal of dental deposits by scaling and root planing, our registered Dental Hygienists provide comprehensive oral hygiene education and customize proper maintenance therapy to suit each patient’s individual needs.

Operative Dentistry

Small or moderately decayed teeth can often be restored with simple fillings to prevent further destruction. Taking care of early decays and defects would save you time and money in the long run and possibly future dental “nightmares”.
鑲配牙冠

如有牙齒碎裂、過度填補或嚴重蛀蝕的情況，本部門的牙醫可替病者鑲配人造牙冠，以鞏固及保護剩餘的部份，並可同時改善牙齒外觀。

鑲配牙橋

牙橋以瓷質製成，可填補一顆或多顆牙齒，但需用毗鄰的牙齒來作支撐。

牙髓治療（俗稱杜牙根）

較嚴重的蛀牙，可導致病菌深入牙髓，令牙神經受感染，並可能引起劇烈的痛楚。牙髓治療（杜牙根）是指清除牙髓內的細菌、牙神經以及其他受感染的牙髓組織，然後用不會產生化學作用的藥物來永久填補牙髓腔，保存牙齒。
Crowns

When a tooth is fractured, extensively filled or severely decayed, the placement of a crown may be recommended. Crowns strengthen and protect the remaining tooth structure and can also improve the appearance of your smile.

Bridges

When there are one or more missing teeth, a fixed porcelain bridge may be the treatment of choice to replace these missing dental units, using the adjacent teeth as support.

Endodontic Treatment (Root Canal Treatment)

Severe tooth decay may progress to a destructive extent in which the bacteria have already entered the pulp of the tooth and infected the nerves, which may lead to an acute toothache. Root canal treatment procedure involves the removal of bacteria, nerves and other infected tissues of the tooth pulp. The pulp chamber of the tooth is then filled with inert medication as a permanent sealing for fundamental preservation of the tooth.
兒童齒科

牙齒保養一般由一歲開始。本部門的牙科醫生治療兒
童經驗豐富，不論補牙還是洗牙，都能為兒童帶來歡
樂的體驗。此外，本部門亦會為殘疾兒童提供服務。
對於不能在局部麻醉
下進行牙科治療的兒
童，本部門會提供麻
醉性藥物給兒童在治
療前服用，或會安排
註冊麻醉師為其施行
全身麻醉。

種牙治療

隨著種牙技術日趨成熟，以種牙取代一顆或多顆失去
的牙齒逐漸成為不少病者的理想選擇。牙科醫生會先
將鈦金屬植體植入牙床骨內，作為假牙腳，然後在植
體上鑲嵌特別配製的人造牙冠，使病者在咀嚼和儀容
各方面都能得到顯著的改善。
Paediatric Dentistry

Tooth maintenance usually starts at the age of one. Our dentist who is experienced in treating children can make your children’s dental experience more comforting, whether it is for fillings or just dental cleaning. We also cater to children who have disabilities. Pre-medication and general anaesthesia are available for children who are difficult to work with by conventional local anaesthesia, with the assistance of a registered anaesthesiologist.

Implant Dentistry

Implant dentistry is maturing to become the treatment of choice in replacing missing tooth/teeth in many situations. A titanium fixture is anchored into the bone, acting as the root of a tooth; a custom-made crown is then fitted on top. The result could be phenomenal in functions and aesthetics.
配製牙托

活動牙托

如果病者不適合以種牙或牙橋取代失去的牙齒，牙醫可為他們配製活動性的全副牙托或部份牙托。

牙周病治療

牙周病是導致本港成年人失去牙齒的最主要原因之一。牙周病的常見病徵包括牙齦出血及牙齒鬆脫，而主要的治療方法是深層清潔及牙腳刮治，將藏在牙腳深處的牙菌膜及發炎組織清刮乾淨。而病情較嚴重者或需以手術協助。因此我們的牙周病專科醫生會因應各病者的病情和需要提供適合的治療。
Prosthetic Dentistry

Removable Appliances/Dentures

In some situations of missing tooth/teeth when dental implants or fixed prostheses are not appropriate as replacement, removable full or partial dentures may be the treatment indicated.

Periodontics

“Gum disease” is one of the major causes of tooth loss in Hong Kong adults. Bleeding gums and tooth mobility are common signs and symptoms of gum disease. Deep debridement and root planing are important in treating this condition. Sometimes, surgery may be necessary as part of the treatment. Our periodontist will tailor a treatment plan to cater for each patient’s needs.
口腔顱面手術

拔除長出或阻生的智慧齒

智慧齒有多種的排列方法，最理想是長出後能與其他牙齒排列整齊，而有些人則天生不會長齊四顆智慧齒。大多數情況下，智慧齒只能長出少部份，甚至藏於牙床骨內長不出來。而我們的口腔顱面專科醫生均能妥善處理複雜性的智慧齒拔除手術。

口腔病變

口腔是被黏膜所覆蓋着。健康的黏膜是平滑而呈粉紅色的，如有任何外觀上的轉變均暗示口腔組織可能已發生病變（例如癌症），而且有機會在口腔內的任何部位發生。養和醫院對各種口腔組織的病變，均能提供全面而有效的診斷。
Oral Maxillofacial Surgery

Extraction of Erupted or Impacted Wisdom Teeth

Wisdom teeth may erupt with a lot of variations. They may erupt in alignment in the dental arch but more often than not, they lay sideways embedded in the bone behind the second molar. It is not unusual that one or more wisdom teeth are naturally “missing”. Removal of wisdom teeth can be difficult at times, and these cases are best managed by experienced oral-maxillofacial surgery specialists.

Oral Pathology

The inside of the mouth is normally lined with a special type of skin known as mucosa that is smooth and coral pink in colour. Any alteration in this appearance could be a warning sign of a pathological process (e.g., cancerous growth), and this could happen anywhere in the oral cavity. Our Hospital offers full and efficient diagnosis of oral tissue pathologies.
緊急治療服務

我們設有二十四小時緊急牙科治療服務，範圍包括急
性牙痛、牙齒脫落、口腔出血、牙冠脫落及其它需要
即時治療的急症。在辦公時間過後，可致電本院總機
（2572 0211）或門診部（2835 8602）聯絡本部門的
牙科醫生。

全面照顧

對於有特別需要的求診人士（例如患有其他疾病的人
士，頭部、面部或頸部曾經受傷者），本部門的牙科醫
生會憑著豐富的經驗，與內外科醫生及有關的專業醫
護人員合作，因應病者的需要及病情而設計適當而全
面的治療方案。

完善的牙科服務包括口腔健康的推廣及預防口腔疾病
兩個範疇。您只須每六個月作定期檢查及洗牙，就能
擁有健康的牙齒及燦爛的笑容。

是時候見牙醫了，您預約了嗎？
In Case of Emergency

Our dentists provide 24-hour emergency service for urgent conditions, whether it is acute toothache, knocked-out tooth, oral bleeding, dislodged crown or other cases requiring immediate treatment. Patients may contact our dentists through the Hospital’s Main Exchange at 2572 0211 or the Outpatient Department at 2835 8602 outside office hours.

In Addition...

For patients with special needs (e.g., medically compromised, physical trauma to the head/face/neck, etc.), our experienced and patient-oriented dentists collaborate with physicians, surgeons and other healthcare professionals to provide a safe and comprehensive treatment regimen to suit every patient’s unique condition.

Good dentistry involves oral health promotion and disease prevention, which give patients a brighter and healthier smile. A regular dental cleaning and check-up every 6 months is recommended and often times is all that is needed to help keep your teeth working well and functioning healthily for life.

When was the last time you went to a dentist?
Department of Dentistry
7/F, Li Shu Pui Block, Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

Service Hours:
Monday to Saturday : 9:30 am to 6:30 pm
Wednesdays : 9:30 am to 1:00 pm
Public Holidays : By appointment
(Closed on Sundays)

For enquiries and appointment, please contact us at:
Tel : 2835 8080 | Fax : 2835 8046
Email : dentistry@hksh.com
http://www.hksh.com

For emergency, please contact us through:
Hospital Main Exchange : 2572 0211
Outpatient Department : 2835 8602