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居家個人衛生-口腔護理
Personal Hygiene at Home - Oral Care

徹底清潔口腔，可防止口腔潰爛, 避免口內病灶形成。

Rinse mouth thoroughly to prevent mouth sores and formation of oral lesions.

一、原則及注意事項:

1. 對可由口進食且有牙齒的個案，應協助其於餐後及睡前刷牙。
2. 鼓勵下床到浴廁執行刷牙；若無法下床，則採半坐臥或側躺，以協助口腔清潔。
3. 應先查看口腔有無破損，執行時動作應輕柔，勿造成口腔的傷害。
4. 除使用溫水清潔漱口外，亦可採用綠茶(不加糖)或檸檬水。
5. 若個案舌苔多厚，則以包紗布端之壓舌板固定，再用潔牙棒沾水清潔。
6. 每日至少口腔護理一次，且須視個案狀況而增加次數。

I. Principles and precautions:


1. Assist patients with brushing teeth before and after meals.
2. Encourage patient to brush teeth in the bathroom. If unable to get out of bed, help patient sit up or lay on one side for oral hygiene care.
3. Begin by checking inside of mouth for wounds. Clean gently to avoid further damage.
4. Warm water, unsweetened green tea or lemonade may be used for gargling.
5. If the patient has thick “tongue fur,” use a gauze-tipped tongue depressor to stabilize the tongue and scrape it clean with a wet cleaning rod.
6. Perform oral care at least once a day – more as patient’s condition allows.

二、準備用物:

牙刷/潔牙棒、溫水(41-43°C)、乾毛巾、彎盆、凡士林或護脣膏、壓舌板、紗布

II. Materials:

Toothbrush / Tooth cleaning sticks, Warm water (41-43 °C), dry towel, kidney basin, Vaseline or lip balm, tongue depressors, roll of gauze.

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三、方法:

- 1.以肥皂洗淨執行者的雙手。
- 2.準備用物(如上)。
- 3.協助個案採坐姿或側躺姿勢。
- 4.鋪乾毛巾於個案領下及胸前，將彎盆置於領下將毛巾墊於個案的臉頰下以保持個案或床單的清潔。
- 5.若個案無法配合張口時，可以包妥紗布之壓舌板，將其上下牙齒撐開。
- 6.用潔牙棒沾上溫水，分別清潔牙齒內外、咬合面、口腔內頰及舌頭，清潔至乾淨為止。
- 7.若個案嘴唇乾燥，可用凡士林或護唇膏潤唇，勿使用甘油（會更乾燥）。

III. Method:

1. Wash own hands with soap and water.
2. Prepare materials (listed above).
3. Assist patient with turning over or sitting up, if necessary.
4. Place dry towel on patient's chest, under the collar, then position the basin under the jaw, with another towel between the face and the basin to keep the bed sheet dry.
5. If patient is unable to open mouth, carefully use a tongue depressor wrapped in gauze to gently pry open mouth.
6. Stained teeth cleaning rod with warm water to clean both inside and outside of the teeth, occlusal, buccal and oral cavity and tongue separately.
7. If the lips are dry, apply lip balm or Vaseline to lubricate; do not use glycerin (which increases dryness).

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。