

Appendix I: Information of root canal treatment given to patient on 9th September, 2017

根管治療須知 (請病人與家人細閱)

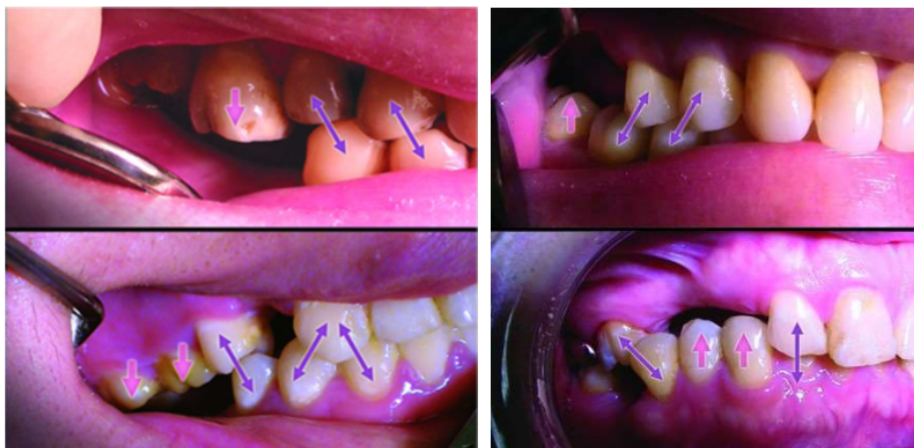
(第 1 頁, 共 5 頁)

當蛀牙、牙周病、牙齒破裂或刷蝕牙齒嚴重，牙髓死亡就必須清除。牙髓發炎 (irreversible pulpitis) 沒有醫治方法，只會隨後死亡。

壞死的牙髓必須清除，否則可能使牙床骨、面部、腦部及氣道感染。

清除的方法包括根管治療或脫牙。根管治療能保存牙齒，使外觀、發音及進食不受影響，而且停止其他牙齒移位 (包括上下或左右移位)，脫除牙齒後以牙橋或種牙的方法補救不是最佳方法，而且費用更高。

缺牙後其他牙齒移位



紫色線的牙齒有咬合控制，其餘的(粉紅色箭咀)就會向上或向下過度長出。

根管治療

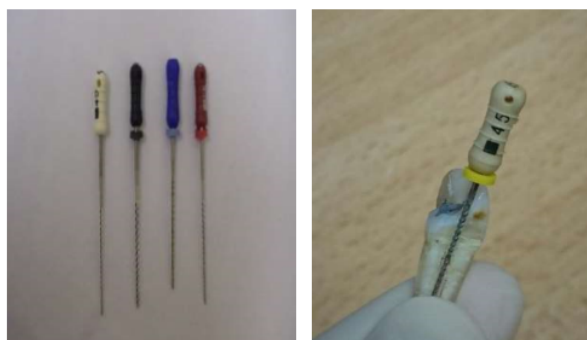
1. 根管治療有不成功的可能，視乎位置及根管情況一般只有 7-9 成機會成功。如不成功可以重做或脫除牙齒。
2. 有些醫生只做根管治療
http://www.dchk.org.hk/tc/list/dentist_01.htm
http://www.dchk.org.hk/docs/SD_Endodontics.pdf
3. 過程可以一次以兩個多小時完成或分 3 至 4 次，每次相隔 1 至 10 天。期間有可能會疼痛、發燒、腫脹等，應立刻覆診。

根管治療須知 (請病人與家人細閱)

(第 2 頁, 共 5 頁)

過程 (A – E):

A. 以根管銼除去發炎或壞死的牙髓, 然後擴大及清潔根管。



- 有可能需要先落麻藥
- 最後一至兩次不落麻藥
- 需多次照 X 光, 可能需要 4 至 5 張 (每人每天 X 光最高劑量是 10 張)
- 期間會在牙洞內放藥, 然後以臨時粉封口, 臨時粉不會太硬, 因為每次均要清除, 如部份臨時粉脫落, 不要擔心, 只要仍密封便可, 亦可以回診所加臨時粉。

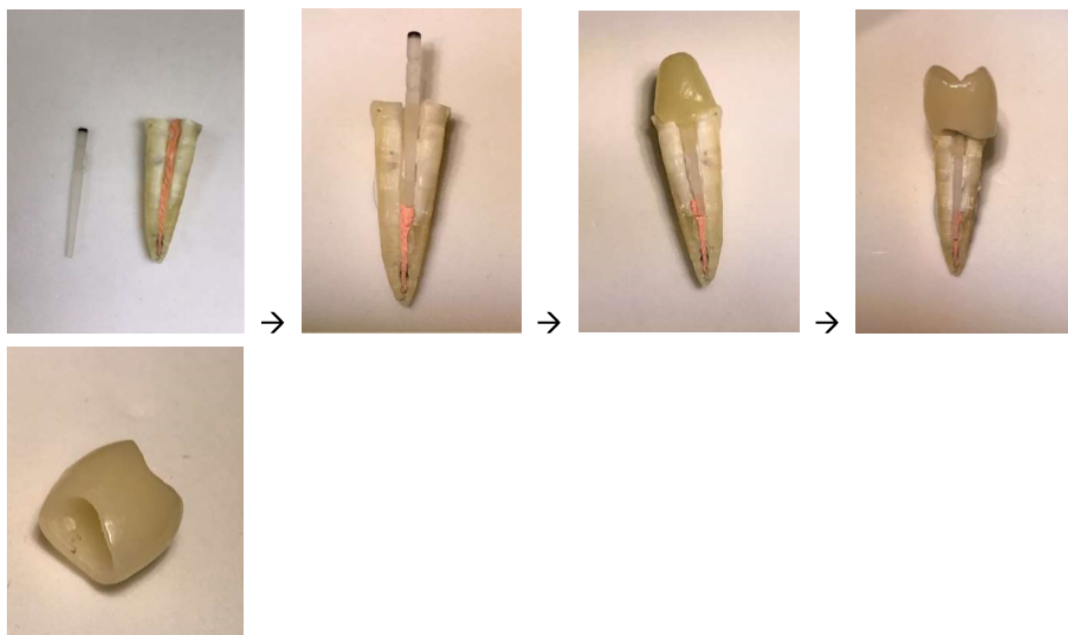
B. 馬來膠封填根管, 最適合因可以用溶液清除。(根管治療基本已經完成)



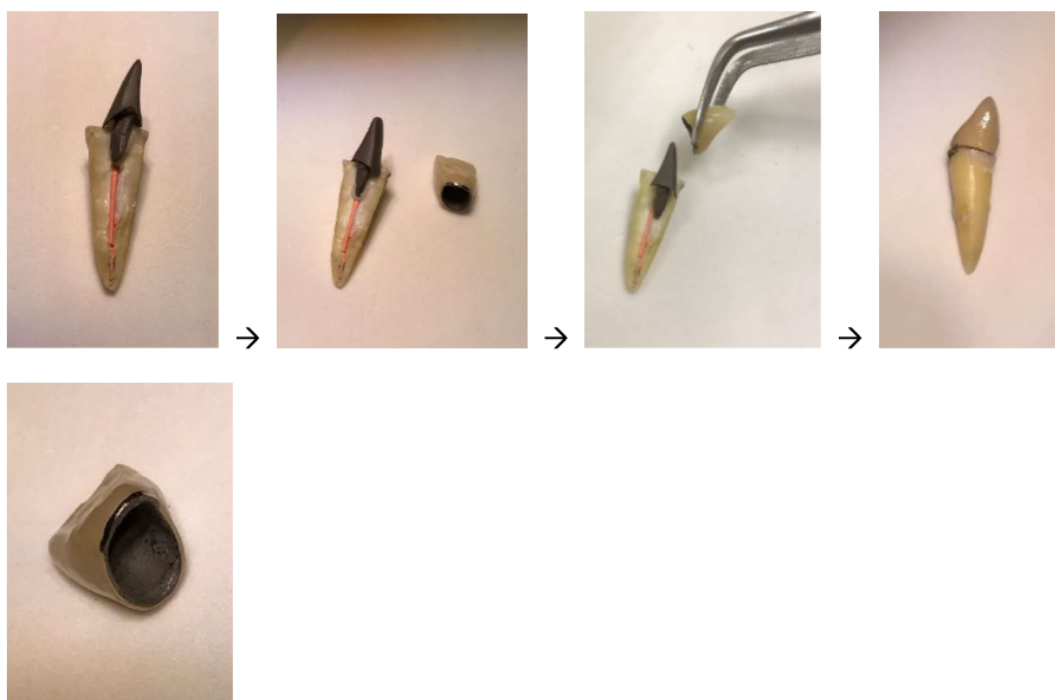
根管治療須知 (請病人與家人細閱)

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C1. 樹脂物料牙柱及牙套製作



C2. 金屬牙柱及牙套製作



根管治療須知 (請病人與家人細閱)

(第 4 頁, 共 5 頁)

D. 製作牙柱及牙套因為要保護牙齒:



根管治療成功後補牙，卻因進食斷裂。



由於牙齒破損嚴重，需要以牙套保護，以免斷裂浪費了根管治療，如病人不希望造牙套，就要完全避免硬的食物。

E. 不同保護方法 (根管治療收費不包括以下):



門牙蛀牙嚴重，先根管治療，制作牙柱，然後黏上牙柱，再加上牙套。

根管治療須知 (請病人與家人細閱)

(第 5 頁, 共 5 頁)

不同設計的牙套



瓷包合金牙套，金屬內殼較堅硬



鑲上牙套後應與原本的牙齒一樣大，所以牙套厚度就是磨去牙齒的厚度。如果牙套是瓷包合金，包瓷的部份就要多磨牙，看不見的面不包瓷可少磨一些牙齒。



同一人可根據需要決定那些位置包瓷，需多磨一些牙。

食物太硬瓷面或會破損，但內殼不會破損，牙齒仍受保護，可以磨滑或補瓷粉 (需要收費)。



全瓷牙套較美觀但較易破裂



Zirconia 牙套實色比全瓷牙套硬



金屬 onlay



zirconia onlay

較牙套少磨一些牙齒，又可保護牙齒。

Appendix II: Instruction (Chinese version) given to patient after extraction of 43 (lower right canine) retained root on 10th September 2017

Please refer to below for English version.

診症時間內 23618684/24701638/56360321/67963153

非診症時間緊急聯絡電話 23700960/62988208 (WHATSAPP)

只限緊急，請用有來電顯示電話致電，待回覆確認

脫牙及口腔手術後需知

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1. 於半小時後用手除去紗布，切勿吐出，以免撕裂已凝固的血塊。如傷口繼續流血，請再咬紗布，並在半小時後用手除去。
2. 脫牙後麻醉藥大約二個至四小時才過去，期間不應進食以免咬傷嘴唇。另外不可飲用熱飲以免灼傷。如覺饑餓，可飲凍奶或其他凍飲品。
3. 麻醉藥過後，可進食室溫的食物及飲品，全日不可進食熱的食物及熱飲。
4. 全日不可漱口或吐口水，以免撕裂傷口或血塊，應吞口水或以清潔毛巾抹掉口水，以免口水溶掉血塊再流血。
5. 全日不可進行劇烈運動或體力勞動的工作，操作機械及駕駛，如較大的口腔手術，24 小時內不應乘搭長途飛機。
6. **流血不止一般不會突然發生**，醫生已為病人檢查傷口方讓其離開診所，但如口水溶掉部份血塊，這不是流血不止，其他如弄傷傷口，血塊脫落均不是流血不止，如有這些情況發生，重複使用紗布摺疊蓋在傷口之上，咬緊半小時，亦可致電本診所。



紗布應放傷口上，大力咬緊加壓止血



錯誤：紗布放在牙齒上，沒有加壓在傷口

7. 先服一片止痛藥，其後如有疼痛可以依時服一至二片止痛藥，如仍未能止痛，請回本診所。
8. 手術後面部腫脹是正常反應，特別是第二天早上起床時，有可能很腫，一般三至四日會自然減退。
9. 病人應該小心護理傷口，大部份發炎因食物落入傷口引起，第二日起飲食後宜漱口除去傷口內食物，如不能除去食物，應回本診所由醫生清洗傷口。**但不應過度漱口沖走傷口上的血塊，否則傷口下的牙床骨直接暴露會形成乾性齒槽炎（Dry Socket）。如有疑問請致電本診所。**
10. 第二日起應正確刷牙及使用牙線清潔牙縫，特別是傷口旁的牙齒。
11. 口腔內一般傷口不宜使用可被吸收的縫線，大約 7 天後覆診拆線。
12. 應進食較軟食物及避免使用脫牙的那一邊咀嚼一個月。
13. 部份病人原本的牙患十分嚴重，脫牙後未能即時減低發炎，會覺得更為腫脹。如腫脹加劇及發燒等，應立刻覆診。另外如果先前已經嚴重發炎，病情本身會引致乾性齒槽炎，即使即時脫牙，乾性齒槽炎未能馬上停止，患者可能會有一星期或以上的劇烈痛楚。需要時會清洗傷口或使用牙周塞治(Periodontal pack)。
14. 正常傷口一般一個月就會埋口，如果仍未埋口必須覆診。
15. **病人如有需要可取回脫除後牙齒，日後不再需要保留時，歡迎捐回診所作研究用途。**

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牙肉自然在牙洞表面生長，不是由縫線勉強縫合。

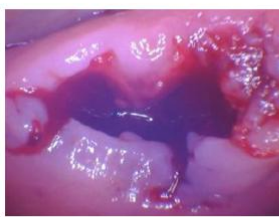
勉強縫合後傷口會增加牙洞的壓力，影響牙床骨自然癒合。



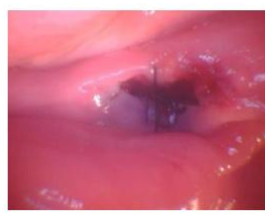
咬緊紗布後,正常的傷口 4 分鐘會有血塊凝固,牙醫定睛超過十秒亦不會見到血液湧出(BLEEDING)。但是 30 分鐘內仍會有少許血絲慢慢滲出(oozing)。這是正常的情况，可以咬緊紗布 30 分鐘，然後以手取出紗布。



82 歲病人，
有 2 隻必須脫除的牙腳



脫牙後的傷口會跟脫牙前的
牙腳一樣大小，一般不會縫線。



由於牙肉的位置可能搖動，
可以縫線固定牙肉，不是勉強
縫合，牙洞的大小不變



即使手術後，牙洞自然癒合過程
完全一樣，只會縫合切口不是牙洞，
線口一星期後癒合，需拆線。



如病人晚上開口睡覺，會撕裂血塊再加大量口水
(圖中超過 95%口水)。如晚上起床會看見枕頭和
被單上的血漬，會令人十分驚慌，有些人會入
急症室。

但很可惜全港醫生在受訓時沒有牙科訓練，亦從沒
有在牙醫指導下檢查脫牙正常的傷口，所以一般不清楚什麼
是正常。往往問為什麼沒有縫合傷口，
而且有牙洞，引致不必要的誤會。

備註:

成年人每次最多可接受大約 10 枝麻醉針劑量(視乎體重)。

成人 1 枝 4% 利多卡因 1.8ml 或 2% 普魯卡因 3.6ml

Within Services Hours: 23618684/24701638/56360321/67963153

Emergency or WHATSAPP: 23700960/62988208. Please call with telephone number display.

Instruction after extraction

1. Remove the piece of gauze by hand after 30 minutes. Do not spit it out in order not to tear the delicate blood clot. If bleeding is still present, bite onto another piece of gauze for 30 minutes and to remove by hand afterwards.
2. The local anaesthetic is to wear off in about 2-4 hours after extraction. While the area is still numb, please do not eat or chew to prevent biting onto the lips. In addition, please do not drink hot drinks in order not to scald the numbed area. If feels hungry, may drink cold milk or cold drinks.
3. After the local anaesthetic has worn out, one may take food or drink of room temperature but to abstain from hot food or drink for a day.
4. Do not rinse or spit for a day in order not to tear the extraction site or blood clot. Instead may swallow or use clean wipes to wipe away saliva such that saliva would not melt the blood clot causing bleeding.
5. Please refrain from strenuous exercise or heavy work, operating machines or driving. For larger operations, please do not ride on long distance flights in the next 24 hours.
6. **Bleeding non-stop is rare.** The dentist would have checked on the extraction site before the patient left the clinic. In the case of when the blood clot was melted by saliva, that is not bleeding non-stop. In the case of inadvertently disturbing the extraction wound or that the blood clot was lost, both are not bleeding non-stop. When the aforementioned happened, reapply the gauze on the bleeding wound, bite hard for 30 minutes. One may also call our clinic.



Correct: gauze press on wound,
Pressure stops bleeding



Incorrect: gauze n teeth, no pressure on wound

7. Please take one tablet/capsule of pain killer right away, if pain persisted, may take another one to two pieces of pain killer. If still painful, please return to the clinic for follow-up.
8. Facial swelling after surgery is normal reaction. The face may be especially swollen on the following morning. Swelling would usually subside in three to four days.
9. The patient should take care in minding the wound. Inflammation often arises after food impaction into the extraction site. **Do not rinse in the first day. Do not excessive rinse in the second day after extraction. Leave the blood clot covered on the wound to prevent causing dry socket. If any doubts, please call clinic.**

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Instruction after extraction

10. Proper brushing and flossing should commence on the following day, especially the gums adjacent to the wound.
11. Resorbable stitches are usually inappropriate. Normal stitches should be removed in seven days.
12. Please keep to soft diet and to refrain from chewing on the extraction side for a month.
13. For patients who have severe tooth infections to begin with, inflammation may take some time to subside, or become even worse. If inflammation or swelling worsen and be with fever, please return for follow-up. Some patients with severe infection, the disease itself may also cause dry socket. The induced vigorous pain may persist a week or longer. Patient may need to receive wound cleaning in clinic or periodontal pack.
14. The wound would usually heal in a month. If not, please return for follow-up.

The gums would naturally grow onto the extraction site. Growth of the gums is not through forcing the wound close by stitches. Forced closure by stitches would increase pressure on the extraction site, affecting the healing of underlying bone.



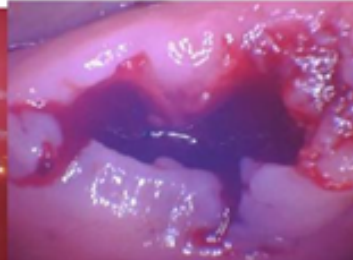
After biting onto the gauze for four minutes, a blood clot would normally be formed. The dentist would check that there is no bleeding after 10 seconds. However, blood would still appear to be oozing out after 30 minutes. This is normal phenomenon. One may bite hard onto a piece of gauze for 30 minutes, and then remove the piece of gauze by hand.



A 82 years old patient had two retained roots necessitating extraction.



After extraction, size of the wound was the same as that of the retained roots. Stitches are usually not necessary.



The gums may not be stable in position. Stitches may be employed to keep the gums in position. However, stitches are not to force the wound close. Size of the wound remains the same.

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Instruction after extraction



Even when after surgery, healing of the extraction site remains the same. Stitches would only be employed to approximate cut edges, not the extraction (socket). Stitches must be removed after a week.



If the patient sleeps with the mouth open, the blood clot is liable to be torn and be mixed with copious amount of saliva (95% in the figure was saliva). On waking up at night, the patient may site notice blood stains on the pillow and blankets. That could be startling and the patient may want to go to the A&E. Unfortunately, medical doctors in Hong Kong do not have training in Dentistry. They have not been shown normal wound healing of extraction sites. Hence, they do not know what is normal and would question the ‘unclosed’ wound, exposing the extraction socket, causing undue misunderstanding.

NOTE:

An adult (depending on his/her weight) may receive approximately 10 cartridges of local anaesthetics at each appointment.

An adult may take approximately 10 x-ray films of the same region in a day.

Please feel free to enquire the dentist.