

出牙

Teething

Teething occurs when teeth begin to break through the gums of a baby or child. This often starts when a baby is 6 to 8 months old, but can begin as early as 3 months.

Signs of Teething

- Drooling
- Swollen or sore gums
- Trouble sleeping
- Not eating
- Biting objects

Teething can be painful for some children. For others it is not. Discomfort comes from pressure of the tooth on the skin of the gums.

Your Child's Care

Here are some ways to comfort your baby and ease his or her pain:

- Gently rub the gums with a cool, damp washcloth.
- Give your baby something safe to chew on, such as rubber teething rings.
- Rub your baby's gums with a clean finger.
- Wipe your baby's face often and keep it dry to prevent rashes.
- Children's Tylenol or teething medicines can help, but check with your child's doctor first.

Keep your baby's mouth and gums clean even if your baby does not have teeth.

出牙是婴儿或儿童的牙齿生长并刺穿牙龈的过程。通常在婴儿 6 至 8 月龄时开始，最早可能提前到 3 月龄。

出牙迹象

- 流口水
- 牙龈肿痛
- 睡眠困难
- 不肯饮食
- 啃咬物体

有的儿童出牙可能会很痛苦。有些不会。这种不适感来自牙齿压力对牙龈层的挤压。

出牙儿童护理

以下方法有助于安抚宝宝并减轻其痛苦：

- 用凉爽的湿毛巾轻轻擦拭牙龈。
- 给宝宝一些可以安全咀嚼的东西，例如橡胶磨牙环。
- 用干净的手指擦拭宝宝的牙龈。
- 经常擦拭宝宝的脸部，保持皮肤干燥，防止皮疹。
- 儿童泰诺尔或出牙药可以有所帮助，但使用前请先咨询儿童医生。

即使宝宝未长牙，也应保持宝宝口腔和牙龈的清洁。

Here are some ways to care for your child's gums and teeth.

- After each meal, wipe your baby's gums with a washcloth.
- Do not put your baby to bed with a bottle of milk or juice. This can cause tooth decay.
- Use a soft bristle toothbrush to clean gums and new teeth.
- Clean your child's gums and teeth at least two times each day.

Talk to your child's doctor before you start using toothpaste on your child's teeth. Children should not swallow toothpaste. Too much fluoride can be harmful.

Call your child's doctor if your child:

- Has a fever or other illness. Teething does not cause an illness.
- Loses a tooth due to an injury.

Talk to your doctor or nurse if you have any questions or concerns.

以下是一些护理宝宝牙龈和牙齿的好方法。

- 每次用餐后，用毛巾擦拭宝宝的牙龈。
- 临睡前切勿让宝宝喝牛奶或果汁。这可能腐蚀牙齿。
- 使用软毛牙刷清洁牙龈和新长出的牙齿。
- 每天对宝宝的牙龈和牙齿清洁至少两次。

开始给宝宝使用牙膏前，请先咨询儿童医生。儿童不应吞咽牙膏。过多的氟化物可能对身体有害。

如出现下列状况，请联系儿科医生：

- 发烧或其他疾病。出牙不会引起疾病。
- 由于受伤而掉牙。

如果有任何疑问或担心，请咨询医生或护士。