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PROPER FLOSSING

Flossing is an essential part of your oral healthcare routine because it removes bacterial plaque between teeth and at the gumline. If you find flossing awkward or difficult, ask your dental hygienist about dental floss holders or other interdental cleaning devices.

- 1** Wind 18" of floss around the middle fingers. Pinch the floss between the thumbs and index fingers, leaving one to two inches in between.
- 2** Thoroughly clean each tooth with a clean section of floss.
- 4** Gently guide the floss between the teeth, hugging the side of the tooth surface in a "C" shape to make sure the entire interdental space is cleaned. Floss should not be "snapped" into the gums.
- 4** Slide the floss up and down against tooth surface and under gumline.