

# FLOSSING

Ask a dental professional to show you how to floss

- Use a piece of floss about as long as your arm. Wind each end of the floss around your middle fingers.
- Holding the floss tightly between your thumbs and forefingers, leave about an inch of floss.
- Use a gentle back and forth motion to guide the floss in between your teeth. Avoid snapping the floss, as this may cause unnecessary irritation to the gums.
- When the floss is at the gumline, curve it into an arc around each tooth until there is mild resistance.
- Holding the floss in the arc design, gently slide it up the side of the tooth, moving the floss away from the gum.
- While holding the floss firmly against the tooth, scrape the plaque from the side of the tooth (away from the gum) with an up and down motion.
- Repeat this procedure on both sides of each tooth.

