

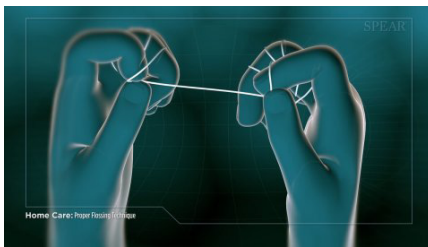
# Proper Flossing Technique



In addition to following the proper tooth brushing technique, flossing is another important part of complete dental care. Flossing allows you to reach and remove plaque and food particles under the gum line and in between your teeth where a toothbrush can't always reach.



Plaque build-up can lead to tooth decay and gum disease so it is important and recommended to floss daily.



To follow the proper flossing technique, start with about 18 inches of floss, winding most of it around each middle finger so that about 1-2 inches of floss is left to work with.



Hold the floss tautly between your thumbs and index fingers, sliding it gently up and down between your teeth. To get beneath the gum line, gently curve the floss around the base of each tooth.



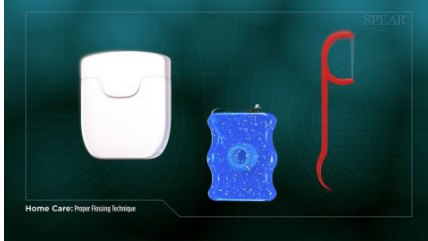
To prevent cutting or bruising your gums, do not snap or force the floss. Make sure to use a clean section of floss as you move to different teeth.



When removing floss, you can use the same back and forth motion to bring the floss up and away from your teeth.



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There are multiple varieties of floss available. Consult your doctor on what type is the best fit for you to promote your oral health.

