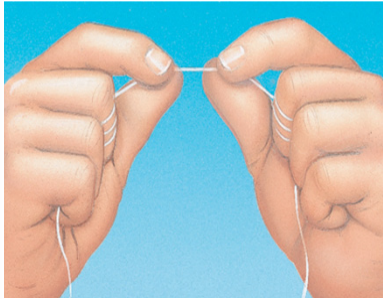




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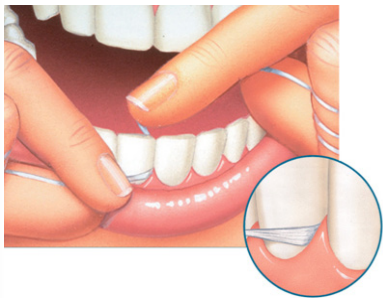
ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: Flossing



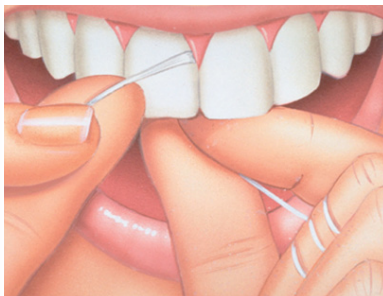
Why floss?

- Fight tooth decay
- Reduce gum disease
- Lessen bad breath



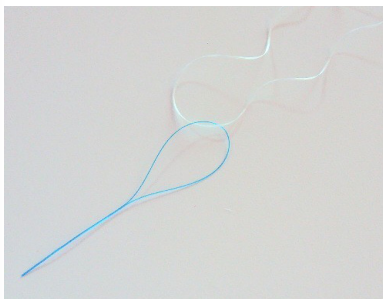
How should you floss?

- Use about **18 inches of floss**, winding the floss around your middle fingers
- Hold the floss tightly between your **thumbs and forefingers**, with about 1 inch of floss in between them
- Gently slide the floss between teeth, being careful not to snap the floss **into your gums**
- When the floss reaches the gum line, wrap it in a **"C" shape around the tooth** to better clean the sides of the tooth
- Slide the floss up and down the length of the tooth, taking it as far **below the gum line** as possible
- Floss all teeth, even the ones that are in the very **back of your mouth** and those that do not have other teeth next to them to remove cavity-causing bacteria



What products should you use if regular floss doesn't work well for you?

- Not much space between your teeth? Try using **waxed floss**
- Large gaps between your teeth? Try using **yarn**
- Braces or bridges? Try using a **floss threader**
- Have trouble holding the floss? Try using a **water flosser**
- Always on the go? Try using a **floss pick**



info@oralhealthkansas.org

785-235-6039

www.oralhealthkansas.org