

TIPS AND TRICKS FLOSSING



Tooth brushing alone cannot remove all decay causing bacteria.



Floss your teeth at least once a day.



Flossing in between your teeth removes food particles and plaque that a toothbrush cannot reach.



Use about 18 inches of floss.



Wind 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, be 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 inside 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 decay causing bacteria



**Remember:
Only Brush and Floss the Teeth You Want to Keep!**



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