

# Flossing

Flossing plays a role in keeping teeth and gums healthy. It helps take away plaque and food from between your teeth and below your gumline and helps stop cavities and gum disease. Remember to floss everyday!

## How to Floss:

### 1. Select the Right Floss

Choose dental floss that is comfortable and easy to use. Options include waxed, unwaxed, flavored, and dental tape.

- Dental floss picks or floss holders can be used as well. Check the next page for options.

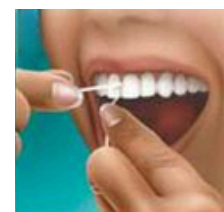
### 2. Cut the right amount of floss

Cut about 20 inches. Wind most of the floss around one finger and a smaller amount around the opposite finger, leaving a few inches in between.



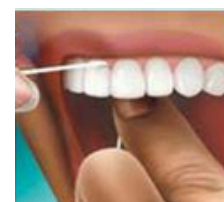
### 3. Follow the curve of your gums

Use a gentle, back-and-forth motion to guide the floss between your teeth. Glide the floss up and down along the tooth's surface and just below the gumline.



### 4. Make sure to get in between all your teeth

Aim to get as far as you can into your gums without causing pain. And don't forget your back teeth!



## Why should you floss?

Flossing is a great habit that helps with gum health, freshens breath and prevents cavities.



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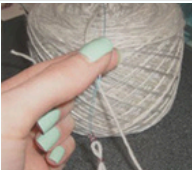




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There are many options when it comes to taking care of the space in between your teeth. Work with your dentist to choose which option is right for you.

Aid	What does it do?	How do I use?	Example
Interdental Brush	Cleans between teeth and around dental work like braces	Use between teeth and gently move back and forth.	
End Tuft Brush	Gets to hard to reach spaces like around the back of the teeth.	Brush with the gumline between teeth with small circles.	
Water Flosser	A stream of water rinses away debris between teeth and gums.	Aim between teeth and along the gumline.	
Knitting Yarn	A floss option for teeth with wider gaps.	Use like floss between teeth in a sawing motion.	
Tufted Floss	Great for cleaning around dental work like braces, bridges, or implants.	Use between teeth in a C-shape around the tooth.	
Floss Holder	An option for flossing that does not involve wrapping floss between the fingers.	Like normal flossing, glide the holder between the gums back and forth.	

### Tips for Effective Interdental Cleaning:

- Use the right size: Choose tools that fit comfortably between your teeth.
- Be gentle: Do not use force and follow the curve of your teeth and gums.
- Schedule dental check ups and work with your dentist to see what you need.



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