

Flossing is used to remove plaque from the areas that your toothbrush cannot reach.

## *Flossing Instructions*

### **Step 1:**

Wrap the floss around the middle fingers. The floss should be approximately an arm's length or 18 inches long.



### **Step 2:**

For the upper teeth use the index finger and the thumb to guide the floss. The thumb should be on the outside surface of the teeth.



### **Step 3:**

Use the two index fingers for flossing the lower teeth. NOTE: The fingers guiding the floss should not be more than 1 inch apart.



### **Step 4:**

Gently insert floss between the teeth by moving back and forth. Do not force the floss between the teeth or press down so hard as to cause bleeding.



### **Step 5:**

Gently curve the floss into a C - shape moving the floss up and down two or three times. Move the floss over to the side of the neighboring tooth and repeat.



### **Note:**

When the working portion of the floss becomes soiled or begins to shred, advance the floss from one middle finger to the other, so that a new section of the floss is in position.