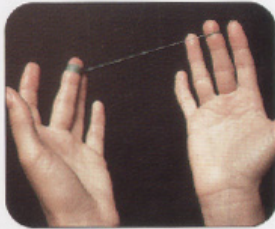


Brushing your teeth twice a day is important if you want to maintain a healthy smile. It helps remove a sticky film of bacteria called plaque. However, bacteria can be found between the teeth, a place that a toothbrush can't reach. Floss is an interdental cleaner that helps remove plaque from between your teeth and around the gumline.

flossing

KNOW - HOW

Here are some tips for effective flossing:



- ① Break off about 18 inches of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand. This finger will take up the used floss.



- ② Hold the floss tightly between your thumbs and forefingers. Guide the floss between your teeth, using a gentle rubbing motion. To avoid injuring your gums, never snap the floss into gum tissue.



- ③ When the floss reaches the gumline, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.



- ④ Hold the floss tightly against the tooth. Gently rub the side of the tooth moving the floss away from the gum with up and down motions.



- ⑤ Repeat this method on the rest of your teeth. Don't forget the back side of the last tooth.