



Flossing Instructions

PROPER FLOSSING

Flossing daily removes plaque and food particles between teeth and below gumline.



τ Wrap a 30cm strand of floss around your middle finger and hold a 5cm section tightly.

Ease floss between teeth.
Clean up and down several times while curving around teeth at the gumline

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τ Always floss behind the last tooth
Unwind clean floss as you proceed.

Floss around the abutment teeth of a bridge and under artificial teeth using a floss threader or superfloss.

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See your Dentist for a demonstration. It takes practice.

Don't be discouraged with your first attempt. Flossing is a skill that is learned after a while, it will take only a few minute of your time.

If you do not have good finger dexterity, or you have trouble handling floss, ask your hygienist about the use of a floss holder, or other types of interdental cleaning aids.

Children may find it easier to use a loop of floss. Take a piece of floss about 20 cm long and tie the ends together, into a circle. Then hold the floss tight between the thumbs and forefingers to floss. Most children cannot floss their own teeth properly until about the age of 10.

Establish a regular pattern and time for flossing, so that you don't miss any of your teeth.

Remember to be gentle when inserting floss between your teeth and under the gumline. Flossing can injure your gum if done improperly.

Your gums may bleed and be sore for the first few days that you floss. Your gums should heal and the bleeding should stop once all the bacteria are removed.

If bleeding continues after the first week of flossing, call your dental professional.