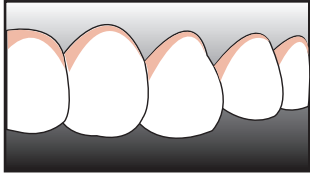
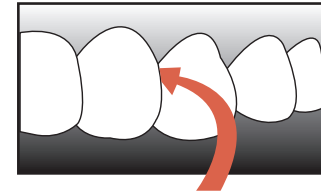


How to use Dental Floss



Plaque likes to grow between your teeth and under your gums. Plaque causes dental problems.

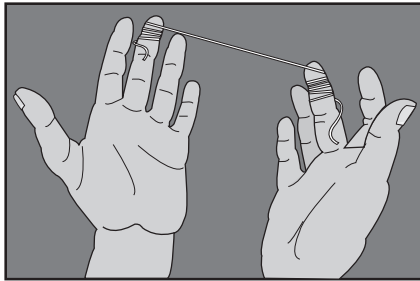


Dental floss removes the plaque growing between your teeth and under your gums.

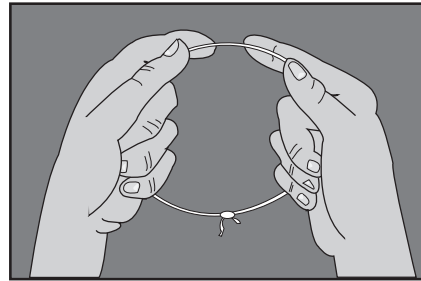


How to Hold Dental Floss

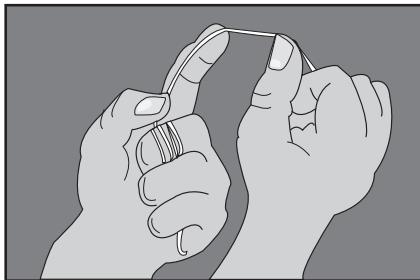
How to Floss Your Teeth



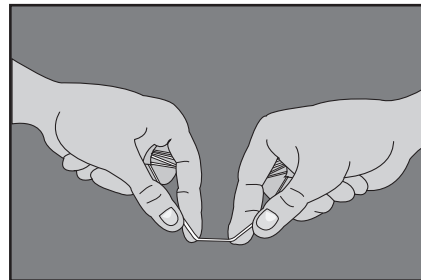
Wrap about two feet of floss around the middle fingers of each hand, or...



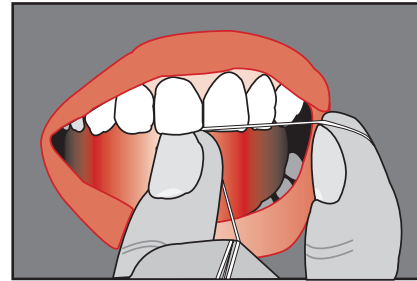
...make a loop by tying the ends together.



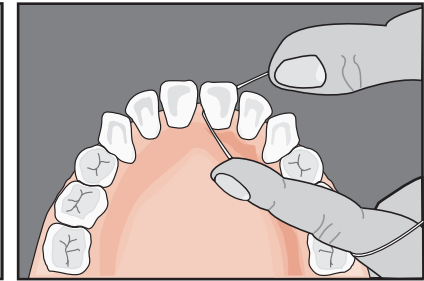
Use your thumb and index finger to guide the floss between your upper teeth.



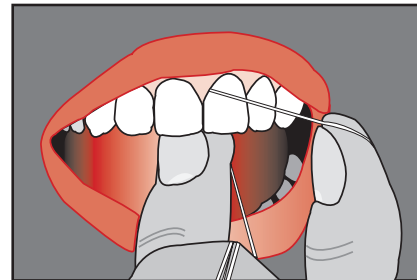
To clean the lower teeth, slip the floss down with your index fingers.



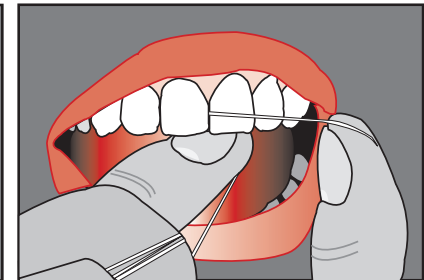
1. Work the floss gently between your teeth.



2. Bend the floss around the tooth in a U-shape.



3. Pull the floss against the tooth. Move the floss gently under the gum until you feel the pressure.



4. Hold the floss firmly against your tooth and scrape the plaque from the side of your tooth in one pull.

Be sure to floss both sides of each tooth.
Move to a clean area of floss after every 2 or 3 teeth.