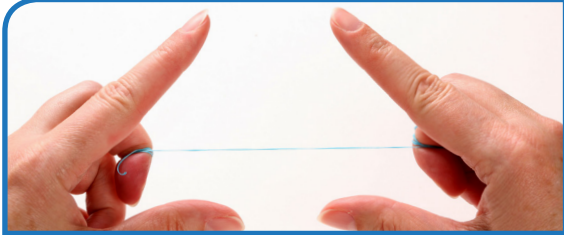
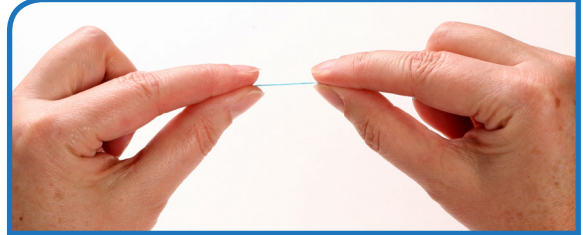


Floss Every Day



Step 1

Wind 45cm (18 inches) of floss around your middle fingers.



Step 2

Hold the working portion between your thumbs and first fingers while guiding the floss back and forth between your teeth.

Step 3

Curve the floss into a c-shape around the side of your tooth where the tooth meets the gum. Place your fingers inside your mouth and slide the floss up and down to remove the plaque and any pieces of food.



Step 4

Unwind the floss from one finger to the other so you have a clean section of the floss to use each time.



Helpful tip

Using a holder may make flossing easier, especially for children.