

Flossing

Quick Reference

Remember! Floss your teeth once a day to help remove plaque from between your teeth and around the gum line. Be patient with yourself. It takes a little while of flossing daily to get the hang of it.

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 a 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 gum line, 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. As you move from tooth to tooth, unwind the clean floss with one finger and take up the used floss with the finger on the opposite hand. Do not forget the back side of the last tooth.

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For a clean, healthy smile,
remember to:

- Use oral hygiene products that display the ADA Seal of Acceptance.
- Brush twice a day with a toothpaste that has fluoride.
- Replace toothbrushes every 3 to 4 months or earlier, when bristles become worn.
- Clean between teeth with floss or another interdental cleaner once a day.
- Eat a balanced diet and limit snacks.
- Have regular dental checkups.



Notes: _____

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