

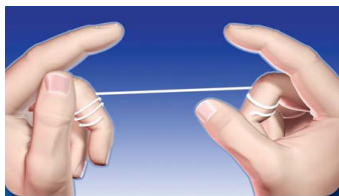


Flossing your Teeth

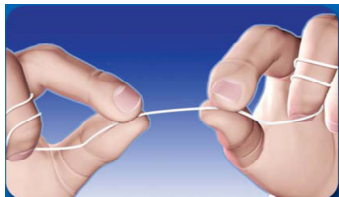
WHY SHOULD I FLOSS?

Flossing removes plaque - a sticky, germ-containing substance that builds up on your teeth and gums to cause gum disease. Brushing helps remove plaque from the outer surfaces of teeth, but using floss is critical to remove plaque from between your teeth where a toothbrush can't reach. By flossing your teeth daily, you increase the chances of keeping your teeth for a lifetime. By removing plaque from between teeth with flossing, you can decrease your chances of developing gum problems.

HOW TO FLOSS



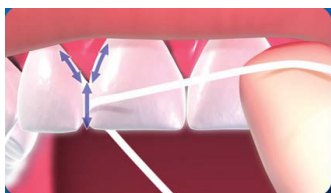
Wrap the ends of a 30cm section of floss around your middle fingers.



Hold the floss between your thumbs and forefingers. Leave about 1" of floss between your hands.



Gently work the floss between your teeth. When you reach the gumline, curve into a "C" shape around the tooth, making sure to go below the gumline.



Gently glide the floss up and down several times between each tooth, including your back teeth. Apply pressure against the tooth while flossing. Unwind new floss as needed. Your gums may bleed for the first week until the plaque layer is broken up, bacteria are removed, and your gums heal.



If you get in a tangle with normal floss you may like to try these handy aids - Pikster Supagrips. They slide easily between your teeth without fraying or shredding. At your next appointment ask for a sample.