



## Flossing your teeth

### Why you should floss

Flossing removes plaque, a sticky, germ-containing substance that builds up on 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 teeth where a toothbrush can't reach.

By flossing your teeth daily, you increase your chances of keeping your teeth for a lifetime. Regular flossing also decreases your chances of developing gum problems.

### How to floss



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



Hold the floss between your thumbs and four fingers. Leave about 1 inch of floss between your hands.



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



Gently slide 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.

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