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## Proper Flossing Techniques

Daily flossing is an essential part of the cleaning process because it removes plaque from between teeth and at the gumline, where our toothbrush cannot reach. Flossing is recommended at least once a day. Choose a time that works best for you and fits your schedule. There are many interdental devices and flossing aides that can be used to help clean in between the teeth if use of traditional dental floss is awkward or difficult.

Wind 18" of floss around the middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



Slide floss gently up and down between the teeth. When the floss reaches the gumline, gently curve the floss around the base of the tooth making a "C" shape.



Never snap or force the floss into the contact as this may cut or bruise the gum tissue. Take your time and don't rush.

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Making a “C” shape hold the floss tightly against the tooth. Gently rub the side of the tooth and floss up and down against the tooth surface making sure to clean under the gumline.

Floss each tooth thoroughly using a clean section of floss as you move from tooth to tooth.

Remember to floss behind the last molar on each side of your mouth.

To remove the floss use the same back and forth motion to bring the floss up and away from the teeth.



After flossing is completed, rinse your mouth with water to remove any loose debris.