

How to Floss



- Use about 18 inches of floss, wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumb and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.