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How to instructions

How to floss



Flossing is an essential part of daily care to remove food debris, and bacterial plaque that can contribute towards gum disease, tooth decay and bad breath.

1. Take approximately 30 - 45 cm of floss and wind it around your middle fingers on each hand. Hold the floss so that the string is tight and use your thumbs and index fingers to control it.
2. Gently slide the dental floss into the space between your teeth
3. Use a gentle up and down motion to rub the floss along the side of each tooth and slightly under the gums to remove the plaque.

4. Remove the floss and move on to the next space using a new section of floss or rinsing the string on a flossette under running water. Also remember to floss the back surface of the last tooth.
5. If you notice bleeding, it is typically an indicator that your gums are inflamed. It is important to continue to floss regularly and this will typically improve. Keep going, but be sure to visit your dental professional.

Check out our instructions for flossing alternatives [here](#) and for interdental brushes [here](#).