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How to instructions

How to use floss aids

How to use floss aids.

We acknowledge that regular floss can be very difficult to handle and manouver which might prove to be a barrier to doing it at all. Fortunately (we knew you would be as excited as us) there is a solution that makes it easier. Cleaning between teeth is essential to remove food debris that can produce odour, and bacterial plaque that can cause tooth decay and gum disease. These floss aids make it easier to do the task with one had. They are single use, and do produce more plastic waste compared to regular floss. Those able make the transition to regular floss often report the ability to have more control and can perform the task faster. Goals!

Hold the flossing aid / flosser / flossette firmly between your thumb and index finger. Using a gentle back-and-forth motion, slide the floss in the space between the teeth. Move up & down against tooth to clean above and below the gum line. Repeat steps for each tooth and at the back of the last tooth. Discard when frayed or after each use. Flossing aids / flossers / flossettes are ergonomically designed to comfortably fit into a child or parent's hands and to easily reach all the teeth. It is important to floss each day so that food and plaque from between your teeth is cleared away.