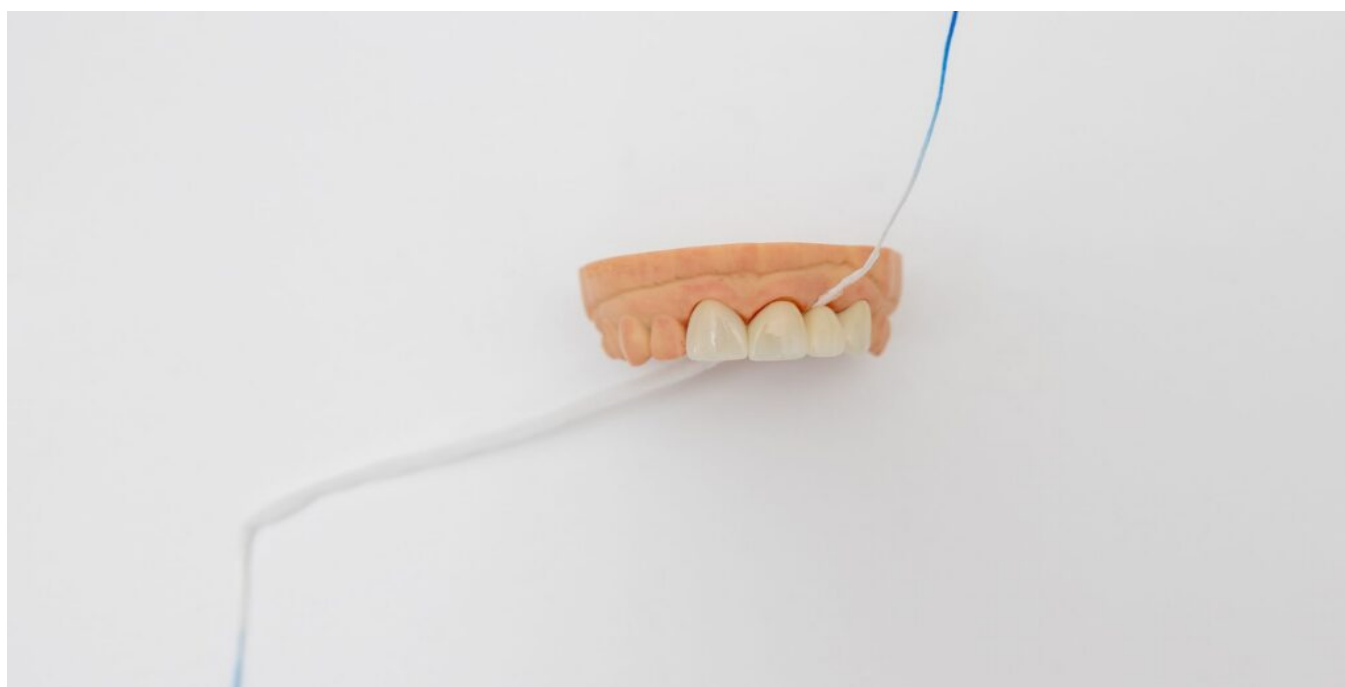




How to instructions

Using special floss or floss threaders to clean under bridges



If you have had missing teeth replaced with bridges, it is really important to know where they are and how to clean the supporting teeth and under the false tooth. There is a higher chance of failure, and also increased risk of food trapping and gum inflammation if this is not maintained. This same principle applies to braces, or wire retainers that are in place after you have completed orthodontic treatment. Make sure to confirm with your dental professional where these are and get the right products and use them regularly. Superfloss is often structured to have 3 sections to it. The first part is a plastic coated section which enables easy threading of the superfloss underneath the bridge structure. Then, there is a fluffy mesh section which is perfect for gliding underneath the hanging pontic (suspended tooth) section of the bridge as well as being gentle on the gums underneath the pontic. You are also able to glide the mesh part of the superfloss all the way to the

2 adjacent teeth supporting the bridge so you can clean those areas too. This will protect against the development of gum infections or cavities in those supporting teeth. Finally, there is a thinner section used for gripping, and regular flossing, although a regular, flatter ribbon floss may be preferred.

1. Identify the bridge and the best place to pass the floss under it. Take the firmer end of the floss and thread it under the bridge, and grip it on the other side.
2. Pull the floss back and forth against the natural tooth or surface.
3. Pull the floss under the false or floating tooth – this may feel slightly uncomfortable, but is important to remove debris. Take care not to pull up on the floss and apply any force that could dislodge the bridge.
4. Clean the surface of the natural tooth on the opposite end of the bridge. Pull the floss out from under the bridge and dispose of.