

Flossing Techniques & Tools of the Trade!

Flossing lowers the risk of cavities and is essential in preventing gum disease. The first step is to make sure you are flossing on a regular basis. The second step is to make sure you are flossing properly and using the appropriate tools for cleaning the areas between your teeth and under the gum line.

TIPS FOR SUCCESSFUL FLOSSING:

Getting Started

Wrap approximately 18 inches of dental floss around your middle fingers, leaving about 1/2 to 1-1/2 inches of dental floss stretched firmly between each hand. Use your index finger and thumb to guide the floss between your teeth.



Floss Technique

Gently work dental floss between your teeth, making sure to slide the floss against the sides of each tooth. Curve the floss along the gum line, making a 'c' shape around each tooth. Carefully work the floss under the gums to clean away food debris and plaque.

Choosing the Right Tools

If you find it difficult to use floss, consider these other flossing devices. Tapered brushes or toothpicks are good to use if you have spaces between your teeth. Consult with your dentist if you have questions about which tool is best for you.



Tapered dental brushes



Floss holder

For more about dental health, visit www.deltadentalid.com and click on *Oral Health & Wellness*

Delta Dental's Flossophy? You can't have good health without good oral health!

Start flossing today and enjoy a cleaner, healthier smile!



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What's
YOUR
Flossophy?