

# Step-by-Step: Flossing Teeth and Braces

## Flossing Teeth and Braces.

Thread a piece of floss through the hole in a floss threader, and then thread the floss threader through the front wire of your braces on your top teeth.

Pull the floss threader all the way down until one side of the floss has fully come through the wire.

Wrap the floss around your fingertips and pull it up in between your teeth.

Pull the floss up and down in a c shape in between your teeth, repeatedly. Thread another piece of floss through the hole and a floss threader.

Then thread the floss threader through the front wire of your braces on your bottom teeth. Pull the floss threader all the way down until one side of the floss has fully come through the wire.

Wrap the floss around your fingertips and pull it down in between your teeth. Pull the floss up and down in a c shape in between your teeth repeatedly.