

# Step-by-Step: Flossing Your Teeth

Flossing Your Teeth. Wrap a piece of floss around both of the tips of your middle fingers and place your index fingers directly behind it.

Using the tips of your index fingers to guide the floss, push it up in between your top teeth. Pull the floss up and down between the teeth repeatedly.

Place the floss in between your bottom teeth. Pull the floss up and down and back and forth between the teeth repeatedly.

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