



## Flossing the Right Way



### Overview

Flossing is an essential part of good oral hygiene. But not everyone knows how to floss the right way. Follow these steps to make sure you're flossing properly.

### Preparation

You need to start with about 18 inches of floss. Wind most of it around one middle finger. Wind the rest around the other. Now hold a section of floss (about an inch or two long) tightly between your thumbs and forefingers.

### Curve floss into C shape

Gently insert the floss between your teeth. Don't snap it into your gum. Curve it around one tooth in a C shape. Rub the floss gently up and down. Keep it pressed against the tooth. Now pull it into a C shape against the other tooth and floss that one, too. Then gently pull the floss from between the teeth.

### Unwind clean floss

As you move from tooth to tooth, unwind clean floss from one middle finger and wind the used floss onto the other one. Work your way around your mouth, flossing between all of your teeth. And don't forget to floss behind your back teeth. You need to floss every day to keep your teeth clean.

### Conclusion

Remember, good flossing is only one part of a complete dental care routine. Brushing, avoiding foods and drinks that harm your teeth, getting enough fluoride and scheduling regular dental visits are all important parts, too. Talk to your dentist for more tips about how to maintain a healthy mouth.