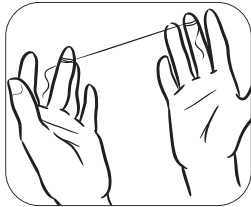
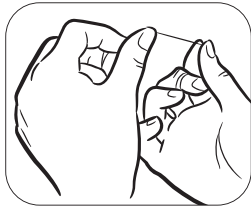


Flossing - Facts, Excuses, and How

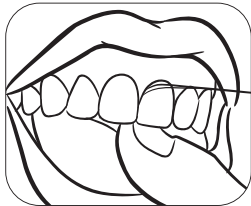
How to Floss



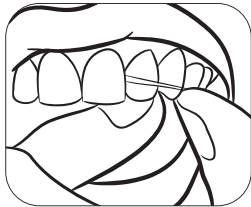
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.

Seven Excuses for Not Flossing

1. My hands are too big, or I have no dexterity. *Power flossers can solve this problem!*
2. Flossing pushes food down into the pocket. *Flossing cleans about 30% more of the tooth's surface.*
3. My gums bleed. *This is a sign you REALLY need to start flossing because you have an infection in your gums.*
4. I get my teeth professionally cleaned twice a year, so I don't have to floss. *Plaque can turn to hard calculus in less than two days. Daily cleaning is needed to keep your teeth clean.*
5. It takes too long. *Brushing and flossing can take less than 10 minutes.*
6. My teeth are too tight for the floss. *Try a polymer floss that is ADA-approved or use the flosser.*
7. I'm afraid of damaging my gums when I floss. *The technique is so important. Remember to slide the floss between the gum and teeth with light pressure.*

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Flossing Facts:

- A good tip is to establish a regular routine and time for flossing so you don't forget.
- If you're only brushing, and not flossing, you're only cleaning 60 percent of your teeth.
- No time to floss? Floss your upper teeth in the morning, lower teeth in the evening.
- Flossing disturbs bacteria and stops it before it can create plaque and cause gum and bone disease. Floss once a day for a healthier set of teeth and gums.
- Flossing helps to remove plaque from in between your teeth. Brushing only cleans three-fourths of your teeth's surfaces. That means if you brush and don't floss it is like not cleaning seven of your teeth!
- Flossing cleans the areas your toothbrush cannot reach - the tooth surfaces between your teeth.

