



GUM HEALTH AND FLOSSING



WHY IS FLOSSING GOOD FOR YOUR ORAL HEALTH?

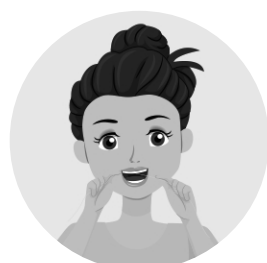
Conventional brushing doesn't cover more than one-third of your tooth surface. This results in accumulation of plaque that can lead to gum diseases.

Flossing removes plaque and bacteria that usually cannot be reached with your toothbrush.



HOW OFTEN SHOULD YOU FLOSS?

Floss, slowly and thoroughly, at least once a day



HOW SHOULD YOU FLOSS?

Step 1



Take a length of floss equal to the distance from your hand to your shoulder or 18 inches



Then, wrap it around your index and middle fingers, leaving about two inches between your hands

Step 2



Now, slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gum line.

Step 3



Gently guide floss between the teeth by using a zig zag motion. Wrap floss around the side of the tooth. Floss both sides of every tooth, including the last molars.



Go to a new section of the floss as it wears and picks up particles. After you finish flossing, roll it up in a tiny ball and put it in the garbage. Never flush floss down the toilet.

Step 4



Brush your teeth after you floss.



WHAT ARE THE BENEFITS OF FLOSSING?

Flossing can help

- Reduce oral diseases and remove plaque from your tooth
- Stimulates your gums and boosts circulation which leads to healthy teeth and gums
- Removes every bit of food stuck in your mouth that can cause bad breath.

REFERENCE

Canadian Dental Association [Internet]. Cda-adc.ca. [cited 19 June 2020]. Available from: http://www.cda-adc.ca/en/oral_health/cfyt/dental_care/flossing_brushing.asp

Proper Flossing [Internet]. Adha.org. [cited 19 June 2020]. Available from: https://www.adha.org/resources-docs/7222_Proper_Flossing.pdf