

HOW TO FLOSS

LOOP METHOD (see diagrams)

Use approximately 30-35 cm. of floss to form a circle about the size of an orange. This provides a handle for the middle, ring and little fingers to hold the floss and to control the tension, while the thumbs and first fingers are used to control the direction of the floss in the mouth.

1. Put the ends of the floss together and hold them between a thumb and first finger.

2. Now tie two knots as close to these fingers as possible. This will form the loop and keep it from slipping.

3. Hold the circle or loop with the last three fingers and use the thumbs and first fingers about 2 cm apart to work the floss in between the teeth.

4. The floss is worked between the teeth with a slight "sawing" back and forth motion.

5. Hold the floss firmly against one tooth (it will fan out) and move it gently up and down and into the gumline space several times.

6. Then hold it against the other tooth and move it up and down and into the gumline space several times again.

7. Remove the floss from in between these teeth with the same slight "sawing" motion that was used to enter, and proceed to the next space and repeat steps 4, 5, 6 and 7.

8. Move the loop around to provide a new area of floss when desired.

Useful Hints

1. Keep the palms of the hands pointing towards the jaw being flossed. Palms down for the lower jaw, palms up for the upper jaw.

2. Keep the elbows as close together and as close to the body as possible. This gives greater control over the floss and reduces fatigue during the learning period.

Remember that it is essential to brush your teeth and floss between your teeth to prevent dental disease.

