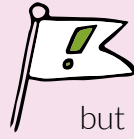
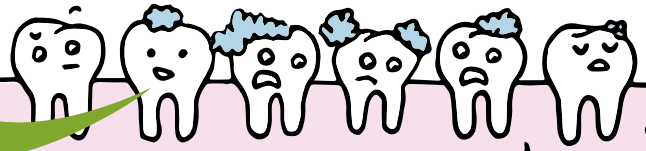


6 steps

to flossing your teeth



Not generally thought of as being as good as interdental brushing but can be helpful especially if you can't get the interdental brushes in.

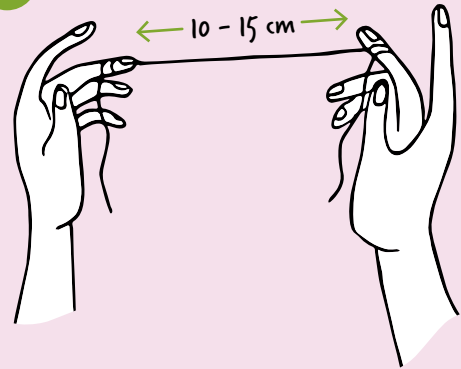


1



Ideally do this after brushing so you still have some toothpaste in your mouth, otherwise just put a tiny bit of toothpaste in your mouth and swill it around to mix it with saliva

2



Start with a really long piece of floss.

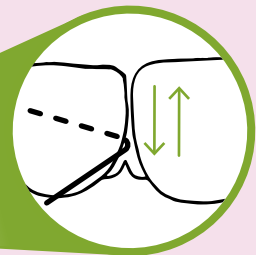
Hold it at each end and wrap it around one finger from each hand until you have 10 – 15 cm left.

3

Hold this tight and gently guide the floss between the teeth.

Sometimes you can use a sawing motion to get past a tight contact but once you are in the gap between the teeth pull the floss so it wraps the tooth surface.

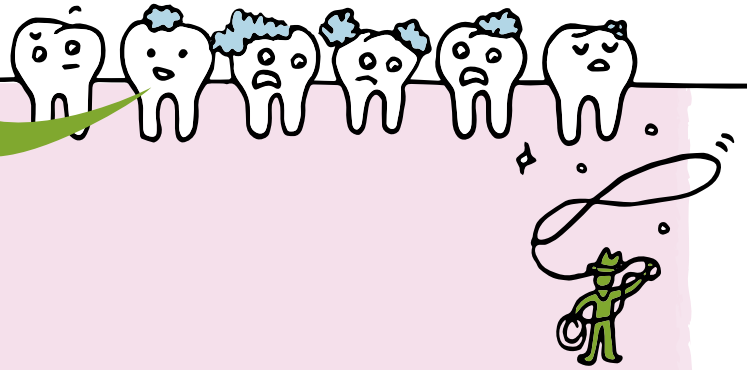
4



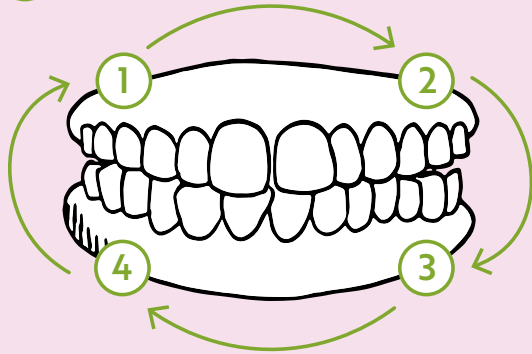
Then move the floss up and down effectively wiping plaque from the surface of the tooth. Try to get under any loose bits of gum

6 steps

to flossing your teeth

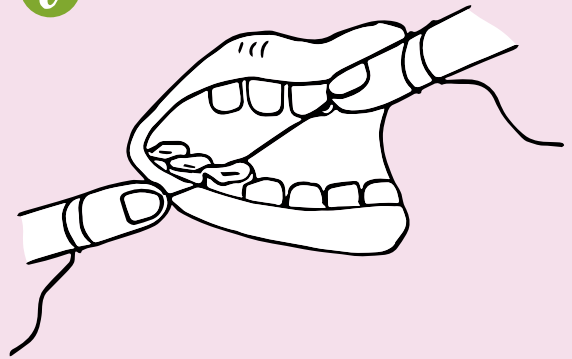


5



Ideally make a circuit and start upper right at the back and move methodically cleaning the sides of every tooth top right to top left, bottom left to bottom right.

6



You can unwrap a little bit from one finger and take up the slack with the other finger as you go around so you are not using the same bit of floss for each tooth surface.

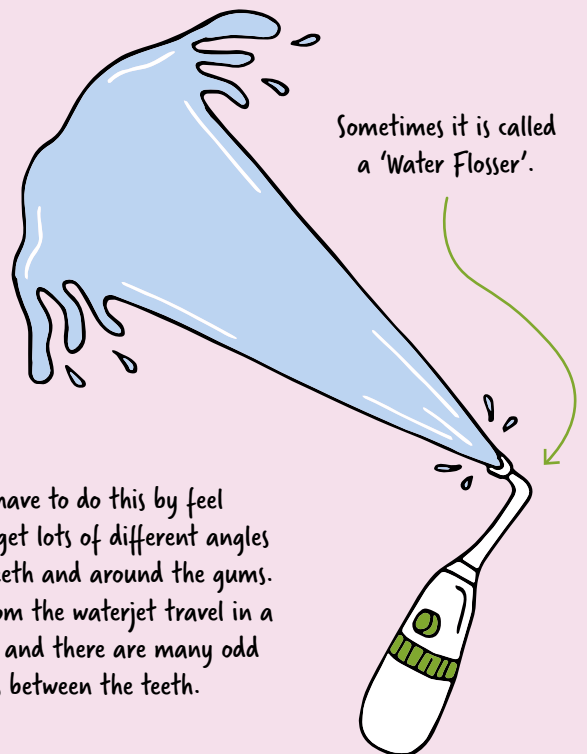
Start with using warm water on a low power setting. It can be sensitive otherwise.

Keep your mouth shut

Water Jet Tips

Use a circuit to make sure you reach every space. I always start upper right and move from tooth to tooth to upper left, then lower left to lower right.

You will have to do this by feel but try and get lots of different angles between the teeth and around the gums. The forces from the waterjet travel in a straight line and there are many odd shapes between the teeth.



Sometimes it is called a 'Water Flosser'.