

HOW DO I FLOSS MY TEETH?



Break off about 18 inches of floss and wind most of it around your middle fingers. Hold the floss tightly between your thumbs and forefingers.

Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.

When the floss reaches the gum line, curve it into a "C" shape against one tooth.

Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.