Why Should We Floss and Brush Our Teeth?

Dental floss removes plaque and food particles from between your teeth and under the gums between your teeth. These are places where your toothbrush bristles cannot reach.

Your toothbrush removes plaque and food particles from the surfaces of your teeth and under the gums around your teeth. Brushing also keeps your breath fresh and clean.

Plaque Causes Tooth Decay and Gum Disease

Regular Flossing and Brushing Keeps Your Teeth and Gums Clean and Healthy