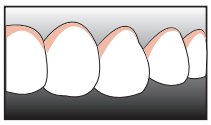
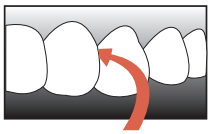
How to use Dental Floss

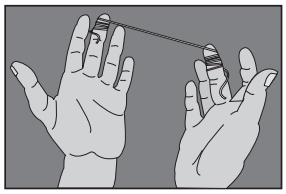


Plaque likes to grow between your teeth and under your gums. Plaque causes dental problems.

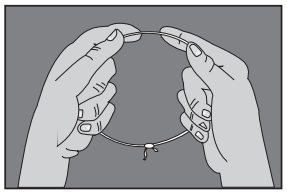


Dental floss removes the plaque growing between your teeth and under your gums.

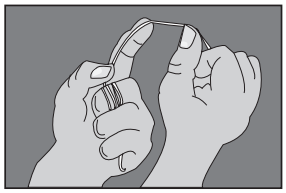
How to Hold Dental Floss



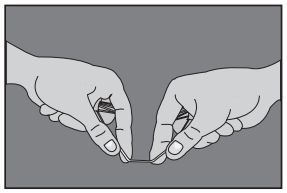
Wrap about two feet of floss around the middle fingers of each hand, or...



...make a loop by tying the ends together.

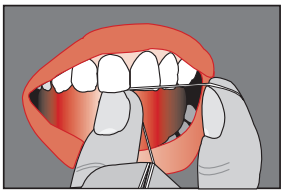


Use your thumb and index finger to guide the floss between your upper teeth.

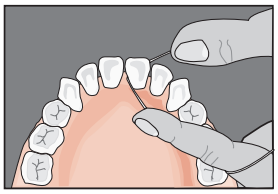


To clean the lower teeth, slip the floss down with your index fingers.

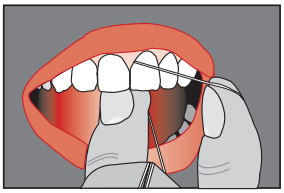
How to Floss Your Teeth



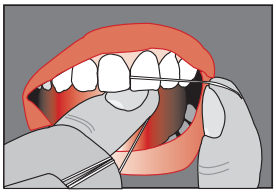
1. Work the floss gently between your teeth.



2. Bend the floss around the tooth in a U-shape.



3. Pull the floss against the tooth. Move the floss gently under the gum until you feel the pressure.



4. Hold the floss firmly against your tooth and scrape the plaque from the side of your tooth in one pull.

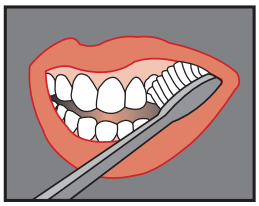
Be sure to floss both sides of each tooth.
Move to a clean area of floss after every 2 or 3 teeth.

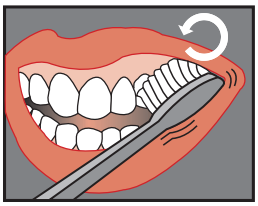
How to Brush Your Teeth

Brush carefully for 3 to 5 minutes to remove plaque and food particles and keep your teeth and gums healthy.

A smear of toothpaste is all you need to keep your teeth and gums clean and healthy.

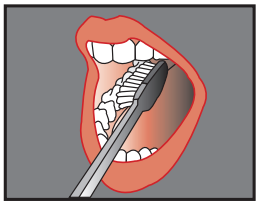
1
Place the bristles at a 45 degree angle to the teeth. Slide the tips of the brush bristles under the gums.

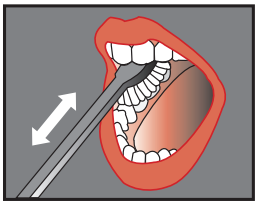




2
Jiggle the bristles gently in small circles so that any plaque under the gum will be removed.

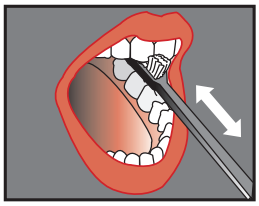
3
Be sure to brush both the outside and the tongue side of your teeth.





4
Brush the chewing surfaces of your teeth with a back and forth motion.

5
Brush the tongue side of your front teeth with the end of the brush, cleaning one tooth at a time.



6
Brush your tongue to remove germs and to make your breath fresh.

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