

# Flossing and Brushing

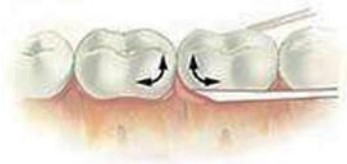
Floss once a day with waxed, unwaxed, flavoured or unflavoured floss. A floss holder, pick or wand can be used.



Wrap ½ meter or half an arm's length around the middle finger of each hand. Hold 2 to 3 cm or about an inch of floss tightly between the thumb and forefinger.



Slide the floss gently between the teeth and under the gum. Wrap the floss in a "C" shape around the tooth. Gently rub up and down.



Floss both sides of each tooth and under the gum line. Move to the next space.

When floss becomes soiled, unwrap a clean section of floss from one finger and wrap the soiled floss onto the other finger.

Brush for two minutes twice a day, in the morning and at bedtime. Use a soft-bristled toothbrush. Place a pea-sized amount of fluoride toothpaste on your toothbrush if you are over the age of 3.



Place the toothbrush bristles at a 45° angle with the bristles pointing towards the gum. Gently brush back and forth with short vibrating motions on 2 or 3 teeth at a time.



For the front teeth, brush the inside surfaces of the top and bottom teeth by tilting the brush behind the teeth.



Brush the chewing surfaces of the back teeth. Brush the top of the tongue to freshen your breath.

**Never share toothbrushes.**



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