



## How to Floss Like a Boss

Brushing our teeth every day is very important, but so is flossing! In this video, a registered dental hygienist will talk about why flossing is so important and the different techniques and products you can use to keep your teeth plaque-free.

Toothbrushing alone cannot remove the harmful bacteria that build up in your mouth. And that's where flossing comes in.

Using a mouth model, the registered dental hygienist will demonstrate the proper way to wiggle string floss between your teeth to remove leftover food and plaque. She'll also demonstrate the proper way to use floss picks to remove leftover food and plaque from your teeth too.

Here are some key reasons why flossing can keep your smile healthy:

**Flossing and brushing are more effective than brushing alone.** The soft bristles on your toothbrush remove the sticky plaque on your teeth that can cause cavities. Fluoride toothpaste can help reduce the number of bacteria in your mouth. But neither can clean the hard-to-reach areas that flossing does, like the spaces between teeth and under the gum line.

**Flossing protects your gums.** Your gums protect the base of your teeth, where connective tissue attaches to your teeth's roots to the bones in your jaw. Bacteria can collect in the tiny pockets of your gums, causing swollen gums. If you don't remove the bacteria, the bacteria will spread below the gum line into the connective tissue, causing gum disease.

**Flossing helps prevent disease.** Research has shown that the bacteria created in the mouth can spread to other parts of the body, which may lead to heart disease and diabetes. Flossing daily will help keep the bacteria away, leading to a healthier mouth and body

**Flossing helps banish bad breath.** Flossing daily removes the food particles and bacteria that cause bad breath. This makes flossing one of the easiest ways to prevent bad breath.