

Floss in 5 Easy Steps!



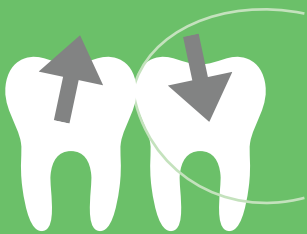
Start with about 18 inches of floss. Wind half around one of your middle fingers and the rest around the middle finger on your opposite hand.



Hold the floss tightly between your thumbs and your index fingers on both hands and insert gently between two teeth.



Curve the floss against the side of the tooth into a “C” shape.



Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



Repeat until you have flossed all your teeth. Don't forget to floss behind your back teeth!

You're on your way to a healthier smile!