

Flossing helps keep teeth and gums healthy. Flossing every day removes plaque along the gumline and between teeth.

## To floss correctly, follow these steps:

- Wind floss around your middle fingers.
- Use your thumbs and index fingers to guide floss between teeth.
- Wrap the floss around the sides of each tooth, making a "C" shape. This will help ensure that you get between gums and teeth.
- Check your gums in the mirror while you floss. Your gums should be firm and pink. If they are red, swollen or bleeding, see your dental team.
- Don't stop flossing if your gums bleed. Flossing can improve the health of your gums and help them stop bleeding.



For a healthier mouth, consider using an electric rechargeable toothbrush. Most electric chargeable toothbrushes remove more plaque than manual toothbrushes. Some also have built-in features that help protect teeth and gums.

## To use an electric chargeable toothbrush:

- Guide the brush head from tooth to tooth.
- Gently direct the brush head along the gumline.
- Sweep the brush head along your tongue to freshen your breath.