

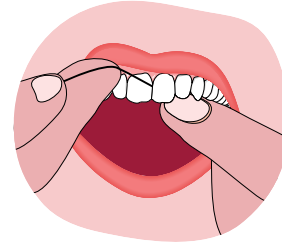
# How to floss your teeth



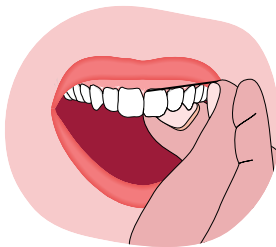
Floss your teeth at least once a day to clean between the teeth and under the gums where the toothbrush doesn't reach to prevent cavities and gum disease.



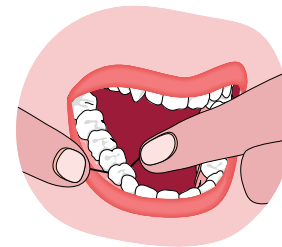
1. Start with a piece of floss about 18 inches long (about the length of your arm) and wrap it around the middle finger of each hand until you have no more than 1 inch in length between them.



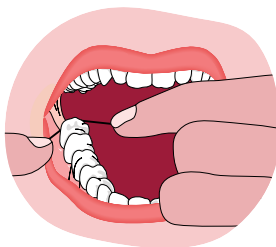
2. With the thumb and index finger of each hand, guide the floss gently between your teeth using a back-and-forth motion until it passes through the tight contact and you reach the gum.



3. Curve the floss into a C-shape around each tooth and slip it under the gum. Move the floss up and down the side of the tooth two or three times. Move the floss to the side of the next tooth and repeat.



4. Remove the floss and repeat the above steps for each tooth using a clean section of floss.



5. Don't forget to floss behind the last teeth on the top and bottom.

## Tips

- Don't rush, be careful so that you don't cut your gums.
- Use a clean section of floss for each tooth.
- Flossing aids are available if flossing is difficult (floss holder).
- Choose a type of floss that works well in your mouth (waxed, unwaxed or flavoured).



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/oralhealth](http://durham.ca/oralhealth)

Healthy Mouth  
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If you require this information in an accessible format, contact 1-866-853-1326