



Flossing: Proper technique

INSTRUCTIONS

There is no better way to clean the sides of your teeth than Dental Floss. It is inexpensive, readily available and easy to use. It is and has always been an excellent tool in the fight against dental decay and periodontal disease (Gum Disease). There are many types of dental floss available. Please speak with our hygienist regarding the best floss for your particular set of dental needs.

Here's How To Floss

You should floss under both sides of each flap of gum tissue between your teeth. The following technique has proven to be very effective: Break off about 40 cms of floss and wind a good bit of it around one of your middle fingers. Wind the rest around the middle finger of the other hand. Grasp the floss with the thumb and forefinger of each hand, leaving about 2.5 cms of floss between the two hands to work with.



Pull the floss taut and use a gentle sawing motion to insert it between the two teeth. When the floss reaches the tip of the triangular gum flap, curve the floss into a C Shape against one of the teeth. Then slide the floss gently into the space between the tooth and the gum until you feel resistance. Holding the floss tightly against the tooth, scrape up and down five or six times along the side of the tooth. Without removing the floss, curve it around the adjacent tooth and scrape that one too. Repeat on the rest of your teeth. Don't forget the far sides of your rear teeth. When the floss becomes frayed or soiled, a turn of each middle finger brings out a fresh section of floss. After flossing, rinse vigorously with water.

Flossing Problems

If you don't like manipulating floss, try one of the commercial floss holders. They have limited flexibility, however, and you must use them with care to avoid injuring the gum. You may have trouble working with the floss between certain teeth, or the floss may consistently break or tear in certain areas. Several causes are possible, including calculus (tartar) buildup, or rough fillings. Please let us know if this problem occurs. Flossing between bridges requires additional instruction and the use of floss threaders.