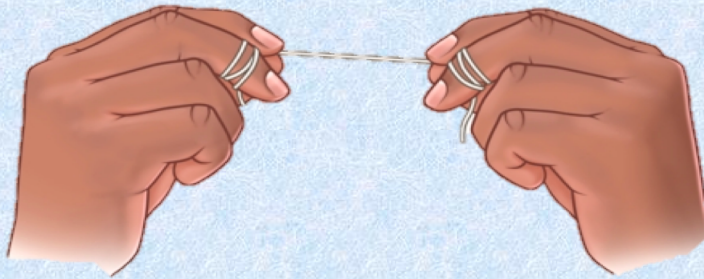


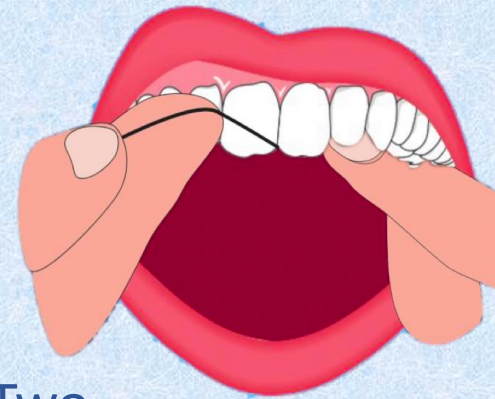
How to Floss

Dental Floss is a thin, string-like material, used to remove food and plaque between the teeth. It helps to prevent gingivitis.



Step One

Break off about 18 inches of dental floss. Hold the floss correctly by winding most of the floss around both middle fingers. Leave about 2 inches of floss for your teeth



Step Two

Place the dental floss in between two teeth and gently glide the floss up and down, rubbing it against both sides of each tooth*.

**Be careful to not glide the floss into your gums, as this can scratch the gums.

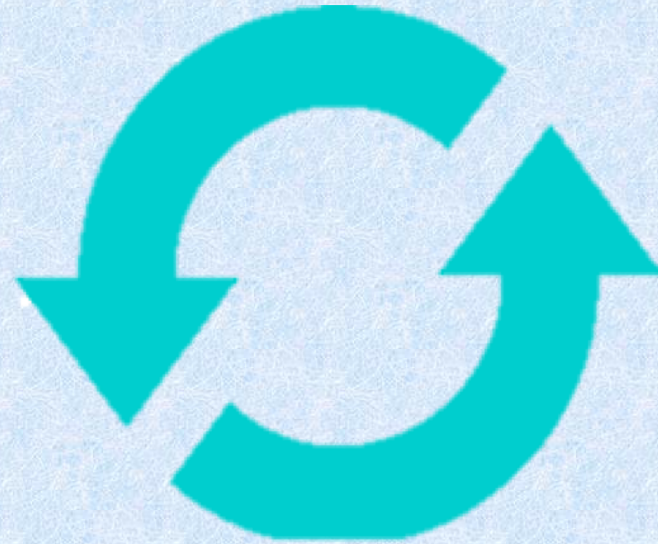
How to Floss

Gingivitis is a form of gum disease that causes the gums to become inflamed



Step Three

When the floss reaches your gums, curve the floss to form a C-shape, allowing the floss to enter the space between your gums and tooth



Step Four

Repeat each step as you move from tooth to tooth. Be sure to use a new, clean section of floss!