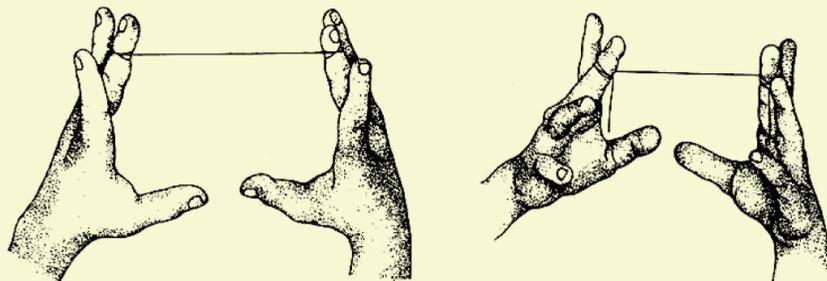


# FLOSSING METHOD

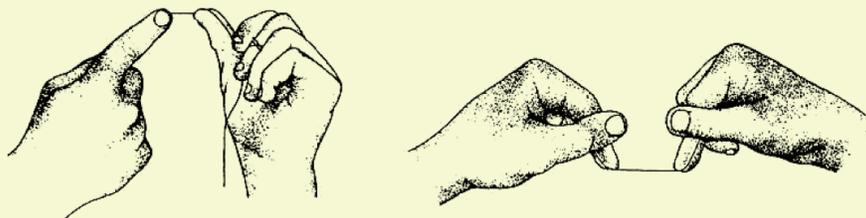
Break off a piece of floss, approximately as long as from your fingertips to your elbow.

Wrap the floss around your middle fingers until you have just enough left unwrapped to fit between two teeth.



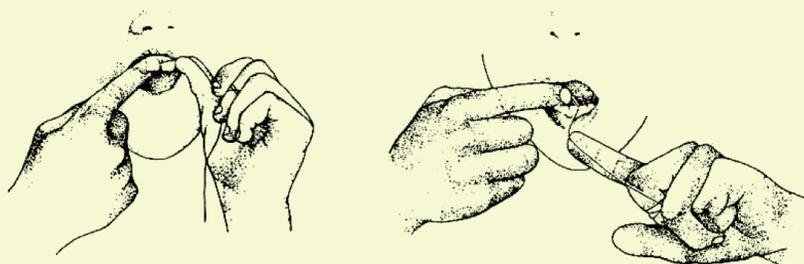
For the upper teeth, use the index finger and the thumb to guide the floss.

Use two index fingers to floss the lower teeth.

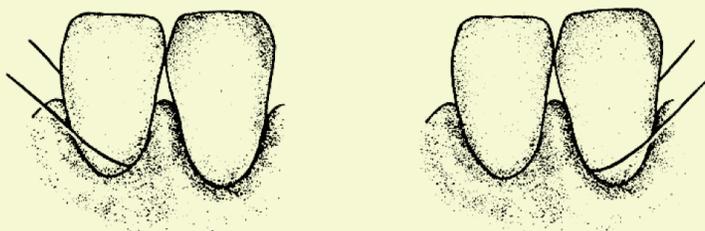


Gently see-saw the floss between the teeth. Do not force the floss or press so hard that you cause bleeding or an injury.

Hug the floss tight to the tooth and move the floss up and down the side of the tooth two or three times until clean.



Move the floss to the side of the neighbouring tooth and repeat. Rotate the floss from one middle finger to the other after each tooth so that a new section of floss is in position for the next tooth.



To speak with the York Region Public Health Dental Program, call **1-800-735-6625** or visit [york.ca/dental](http://york.ca/dental) for more information.