

Flossing, Simplified



Floss at least once daily



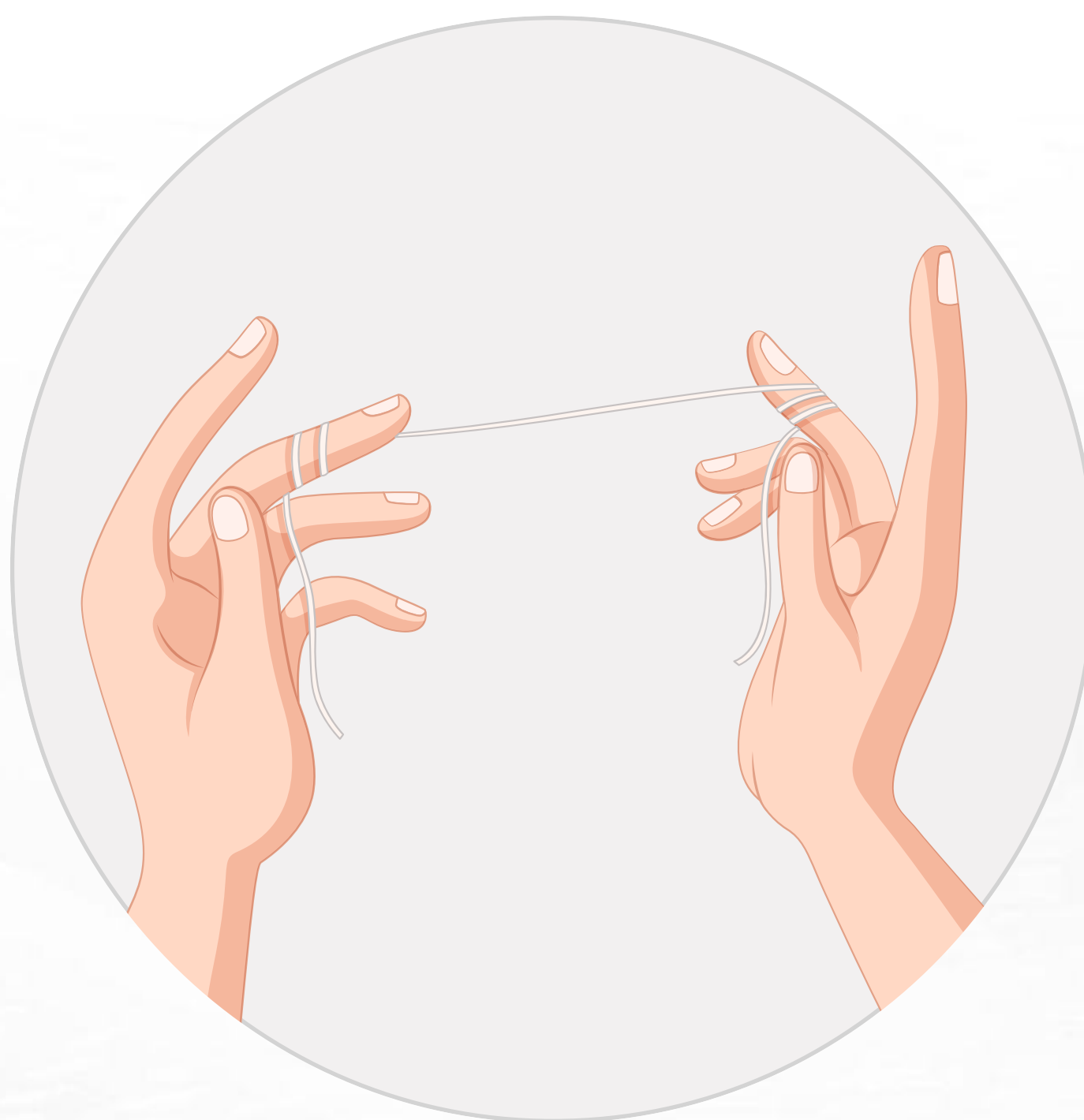
Gently slide floss
between teeth



Curve the floss around
each tooth in a C-shape



Move up and down
against the tooth
surface and under the
gumline



Use a clean section for
each tooth