How to floss your teeth

A. Dispense about 16-18 inches of floss

B. Loosely wrap the floss around the middle finger of each hand

C. Use the thumbs to work the floss between teeth

Gently move floss between two teeth in a seesaw motion

Wrap the floss in a “C” shape around the tooth. Slide the floss under the gum and move up and down several times to clean.

For larger spaces, use an interproximal brush for getting between the teeth.