

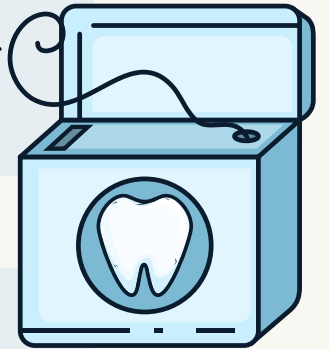
# How to Floss Your Teeth

Floss in between your teeth at least once a day.

01

## Pull out floss.

Break off about a foot of floss. To hold the floss correctly, wind most of the floss around both of your middle fingers. Leave only a small portion of floss for your teeth.



02

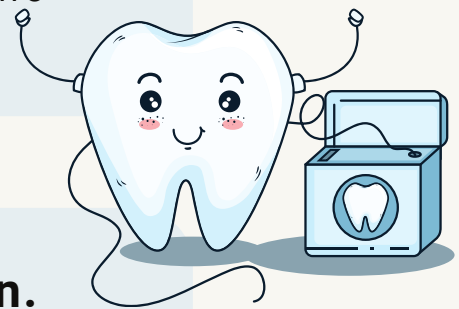
## Pull the floss tight.

Hold the floss taut with your thumbs and index fingers.

03

## Put the floss between the teeth.

Gently insert the floss in between two teeth.



04

## Move the floss up and down.

Gently glide the floss up and down, rubbing it against both sides of each tooth. Don't glide the floss into your gums. This can hurt your gums.

05

## Curve the floss into a C shape.

As the floss reaches your gums, curve the floss at the base of the tooth to form a C shape. This allows the floss to enter the space between your gum and tooth.



06

## Move from tooth to tooth.

Repeat the steps with each tooth. With each tooth, use a new, clean section of floss.

07

## Rinse Your Mouth.

Rinse out your mouth using water after you have brushed your teeth and flossed.

