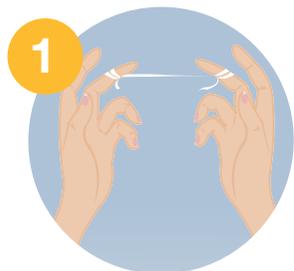


Cleaning between your teeth

Floss & Interdental brushes

Dental floss



1 Take about 30 cm of dental floss and wrap most of it around your left middle finger. Wind the remaining floss around your right middle finger.

Grip the floss between your thumbs and index fingers then gently slide it between two teeth, using a saw-like motion. Gently slide the floss up and down against the teeth and down each side of the pink triangle of gum between the teeth.



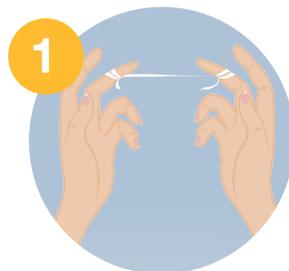
3 Gently remove the floss from the teeth. Wind a little bit of the floss from your left finger to your right finger to move along the dirty part and to give you a fresh area of floss to clean the next two teeth with. Repeat this wherever two teeth are touching.

Flossing can be a bit fiddly and, at first, it can make your gums bleed a little but as the health of your mouth improves, with daily cleaning between your teeth, this will stop (usually within a week). Consider using interdental brushes as these may be easier for you (see over).

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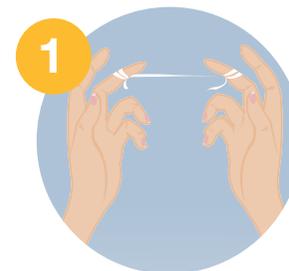
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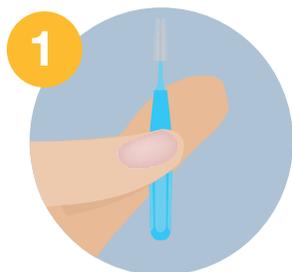
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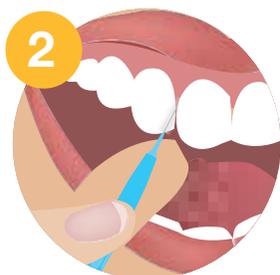
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Floss & Interdental brushes

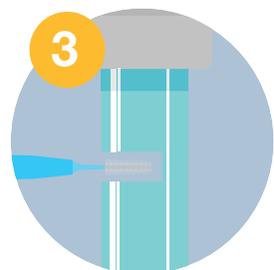
Interdental brush technique



1 Choose the correct size interdental brush. Hold the interdental brush firmly between your thumb and index finger.



2 Place in-between the teeth gaps and gently brush in and out a few times between each tooth.



3 Rinse the brush under tap water after use and put the cover back on.

Never force the interdental brush between the teeth gaps. If you're unsure, your dentist can advise which size is best for you. Ask your dentist for tailored guidance on oral hygiene techniques & aids to suit your mouth.

If you're flossing your child's teeth lean their head back into your lap so you can see into their mouth. Or they can stand in front of you and tip their head back against your chest.

For more information on your dental health visit ada.org.au

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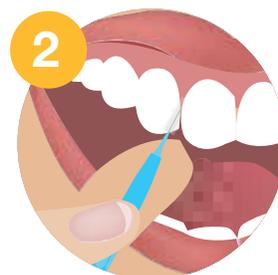
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Floss & Interdental brushes

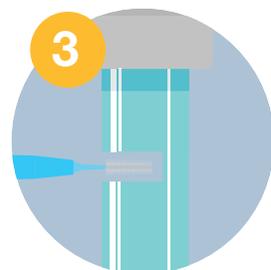
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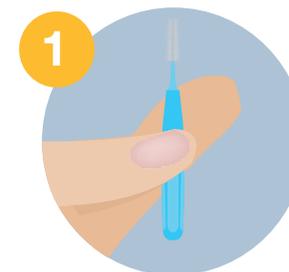
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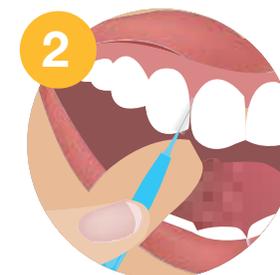
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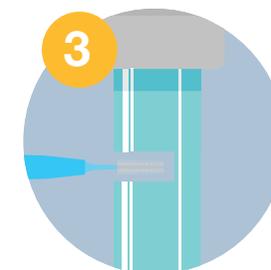
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