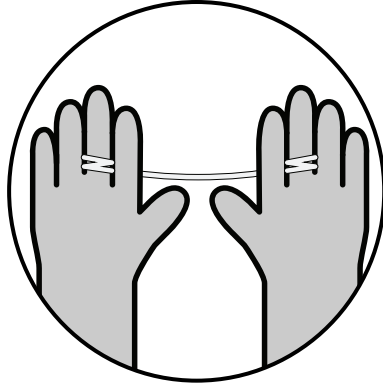


HOW TO FLOSS

Dental floss can help remove plaque that grows on your teeth.
Be sure to floss at least once per day to remove plaque.

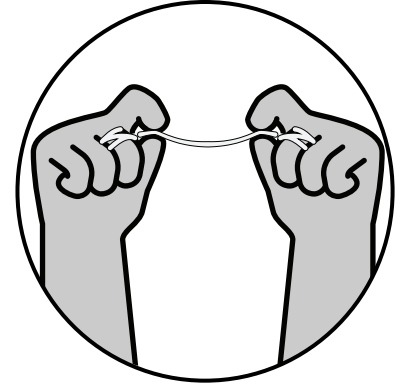
Step 1

Wrap about two feet of floss around the middle fingers of each hand.



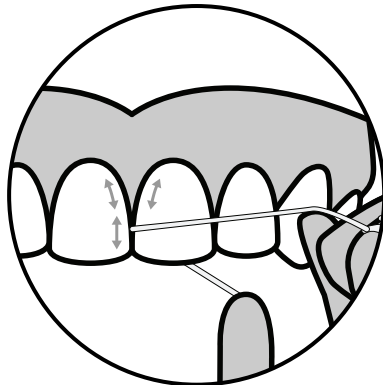
Step 2

Use your thumb and index fingers to guide the floss between your teeth.



Step 3

Work the floss in between each of your teeth, bending the floss in a U-shape. Move the floss to a clean area after every 2 or 3 teeth.



Step 4

Pull the floss against the tooth and under the gum. Scrape the plaque from the side of your tooth in one pull.

