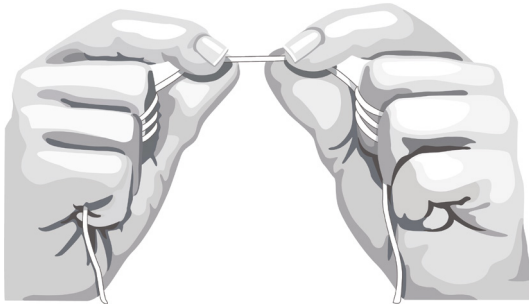




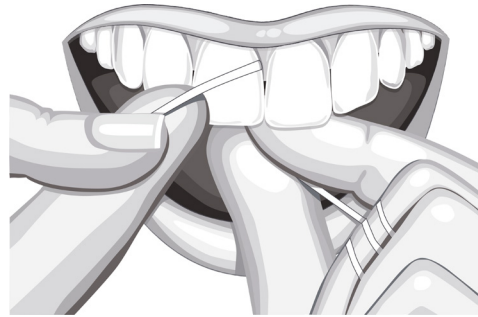
How to floss your teeth

It is recommended that you clean between teeth and under the gum line daily with floss.

Upper teeth

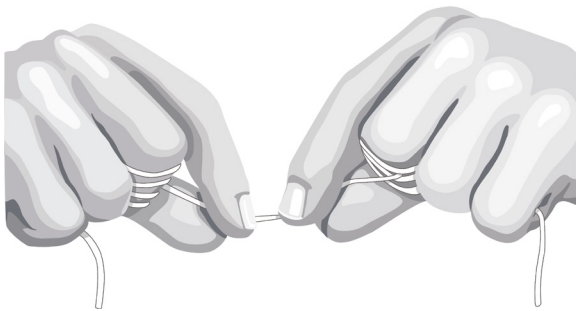


Take about 40-50cm of floss and wind around middle finger. Leaving 5cm to work with. Grip the floss firmly with index fingers and thumbs pulling tight to guide floss between upper teeth.

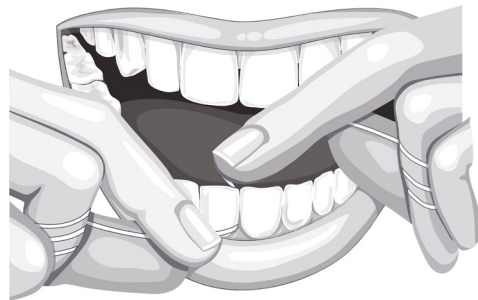


Gently curve floss around tooth and slide below the gum line. Slide the floss gently up and down several times to remove plaque and food from between teeth. Repeat until all upper teeth have been flossed.

Lower teeth



Grip thumb and index finger close together, use index fingers to guide floss between lower teeth.



Gently slide floss between lower teeth. Take care not to force or “snap” floss as this may cut or bruise delicate gum tissue. Repeat until all lower teeth have been flossed.

Parents... If your child’s dental practitioner recommends flossing for your child they will inform you and demonstrate how to floss.

For further information please discuss with your dental practitioner.

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



Communications Officer, Dental Health Services
Locked Bag 15, Bentley Delivery Centre, WA 6983



(08) 9313 0555



publications@dental.health.wa.gov.au



www.dental.wa.gov.au

Any images used in this document are for illustrative purposes only, as they are only offered as a general guide.



© 2020 Dental Health Services WA. All rights reserved.