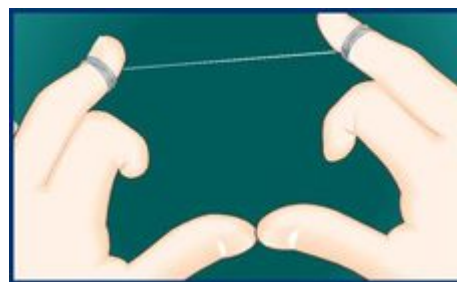


HOW TO CLEAN IN BETWEEN YOUR TEETH

A. Floss

1. Get an arm's length piece of floss.
2. Wrap the floss around your middle fingers.
3. Put the floss in between two teeth.
4. Wiggle the floss back and forth and push down with your second fingers .
5. Wrap the floss around one tooth, making a "c" shape.



6. Gently move the floss back and forth the side of the tooth.
7. Move the floss to the opposite tooth and repeat.
8. Wrap the floss you just used onto one middle finger.
9. Repeat for all teeth. Throw out the floss when you are done.



B. Floss Picks

1. Use the pointed tip to get into bigger spaces between the teeth. Be gentle, or else you will hurt your gums.
2. Use the floss for softer pieces of food in tighter spaces.
3. Wiggle the floss pick gently between two teeth. Slowly move to the gums.
4. Hug the floss on the side of the tooth. Gently move the floss back and forth the side of the tooth.
5. Move to the other side of the tooth to clean that side.
6. Repeat for all teeth.
7. You can throw these away each time.



C. Soft Pick

1. Use only for bigger spaces between teeth.
2. The tip bends easily to reach all teeth.
3. Gently slide the tip between teeth.
4. Slide the brush slowly in and out to clean.
5. Repeat on all teeth.
6. Throw it away each time after using.



Images from:

<http://www.deardocor.com/images/ddwc/consultations/flossing/flossing.jpg>

http://www.cda-adc.ca/_images/content/oral/cfyf/flossing1.jpg

<http://doctorestafan.com/resources/floss+3.jpg>

<http://fcpspart1dentistry.com/wp-content/uploads/2015/09/floss-instructions2.jpg>

http://images.cdn1.stockunlimited.net/clipart/floss-toothpick_1430211.jpg

http://image.made-in-china.com/44f3j00NaDEMICZOtbT/Plastic-Dental-Floss-Pick-Toothpick_s.jpg

<https://i.ytimg.com/vi/j9l5CaXvsG0/maxresdefault.jpg>