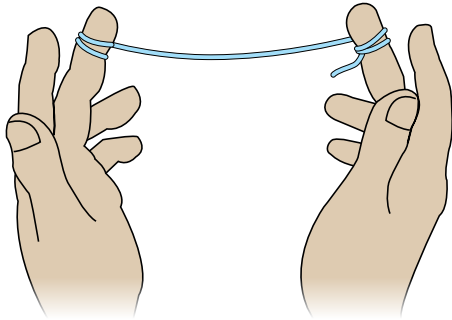
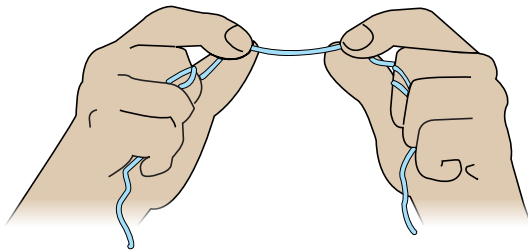
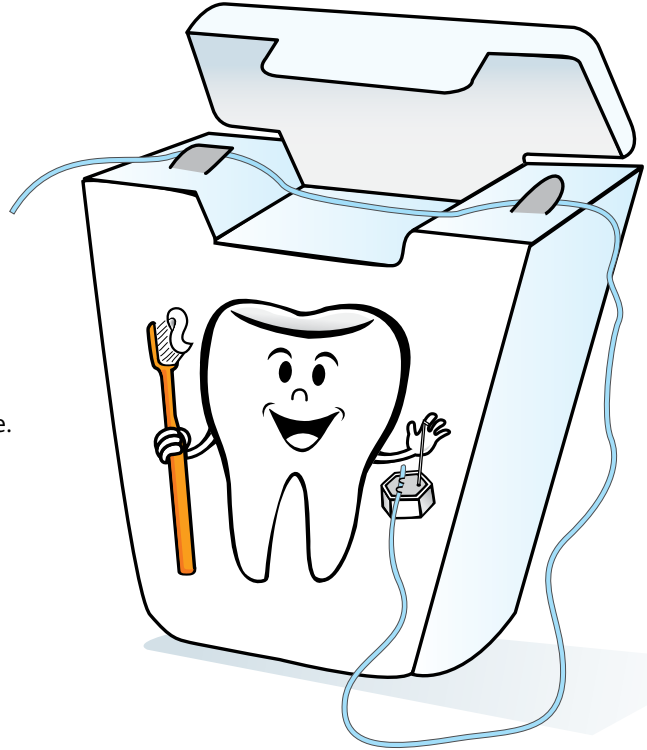




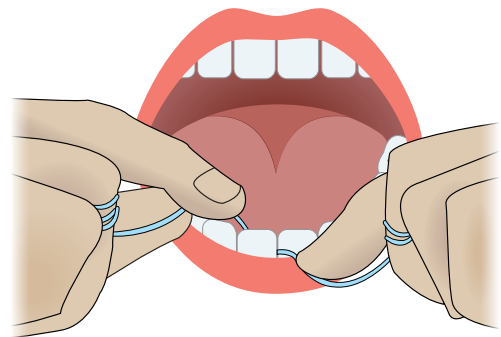
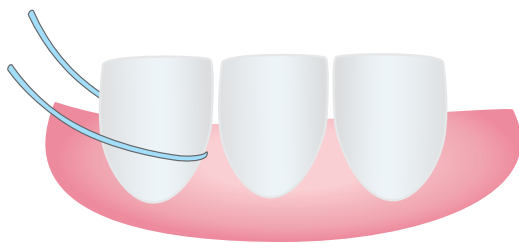
# Flossing



1. Wrap the floss around the middle fingers.  
The floss should be approximately an arm's length or one metre.



2. For the upper teeth use the index finger and the thumb to guide the floss.  
The thumb should be on the outside. Use the two index fingers for flossing the teeth.  
**Note:** The fingers guiding the floss should not be more than 2.5 cm apart.



3. Gently insert the floss between the teeth by moving back and forth in a see-saw fashion. Do not force the floss between the teeth or press down so hard as to cause bleeding.
4. Move the floss up and down on the side of one tooth two or three times until clean. Move the floss to the side of the neighbouring tooth and repeat. **Note:** When the floss becomes frayed or soiled, rotate the floss from one middle finger to the other, so that a new section of floss is in position.