

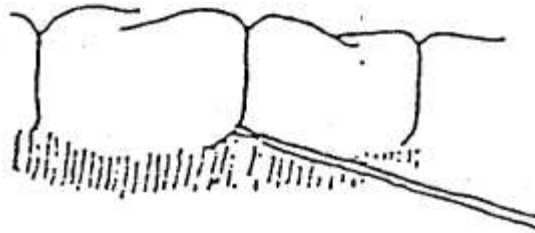
## Flossing for Dental Health

Flossing is necessary to remove the plaque that forms in between the teeth each day. Plaque consists of germs that cause tooth decay and gum disease. Flossing once a day, before you go to bed at night will help to reduce tooth decay and gum disease. Develop a lifelong habit of flossing!

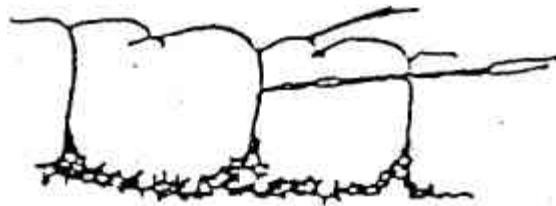
### How to Floss

Use a gentle sawing motion to insert the floss between your teeth.

Now pull the floss against the tooth. Move the floss gently under the gum until you feel the pressure.



Curve the floss around the tooth in a C-shape (hug the tooth).



While holding the floss firmly against your tooth, scrape the plaque from the side of your teeth and away from the gums with an up and down motion