Dental floss how to use it

Naveed Farooq
Admin Nidokidos Network
www.Nidokidos.org
Dental floss is made of either a bundle of thin nylon filaments or a plastic ribbon used to remove food and dental plaque from teeth. The floss is gently inserted between the teeth and scraped along the teeth sides, especially close to the gums. Dental floss may be flavored or unflavored, and waxed or unwaxed. An alternative tool to achieve the same effect is the interdental brush.
Never use a common sewing thread instead of dental floss; it may damage your gums and bleed your gums.
Preparation of Dental Floss:
1. Wash your hands before flossing
2. 18 inches (45cm) long of dental floss
3. Water bottles or mouthwash bottles
Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.

Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.

Gently guide floss between the teeth by using a zig-zag motion. DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Contour floss around the side of the tooth.

Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.
How to use Dental Floss:

1. Wrap most of the floss around the middle fingers of each hand, so that the floss between your hands is about 2-3 inches (5-7 cm).
2. Gently slide the floss between the teeth, you can easily flossing between two teeth.
3. Wrap the floss around the teeth in a “C” form, pulled up 3-5 times and pulled down the same. Don’t forget flossing all sides of your teeth.
4. When cleaning the other teeth, you should use other section of your floss.
5. Wash out your mouth with water or mouthwash.
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<tr>
<th>Gently guide floss between the teeth by using a zig-zag motion.</th>
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<td>Thumbs up for upper teeth.</td>
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<td>Pointer fingers down for lower teeth.</td>
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Curve the floss around the side of the tooth. Keep the floss against the side of the tooth in a “C” shape.

Slide the floss all the way under the gum until you feel some resistance, then scrape down several times.

Arrows show the direction to floss. Listen for a squeaky clean sound. If you don’t hear the squeak, you’re not using the floss correctly.
Ask the next time you see your dental professional to show you how to floss your teeth properly.
1. Wrap tightly the floss between your two middle fingers
2. Using proper technique, be gentle and slow with your flossing as to avoid causing injury and bleeding
3. Bleeding gums may occur in 2-3 times using dental floss, but don’t worry about that.
4. Consult with doctor if you have pain or bleeding after multiple times of flossing.