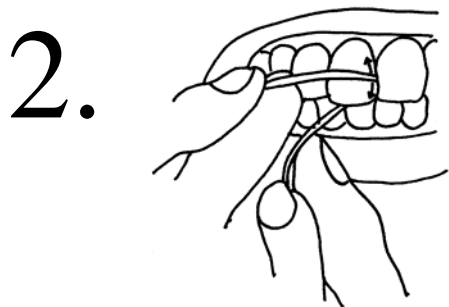


# Flossing and Brushing



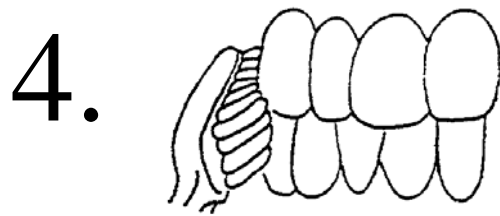
Floss once a day. You can use waxed, unwaxed or flavoured floss. A floss holder or wand can be used if manual flossing is too difficult.

To floss, wrap a 50 cm/18-inch piece of floss around the third finger of each hand. Hold about an inch of floss tightly between your thumb and forefinger.



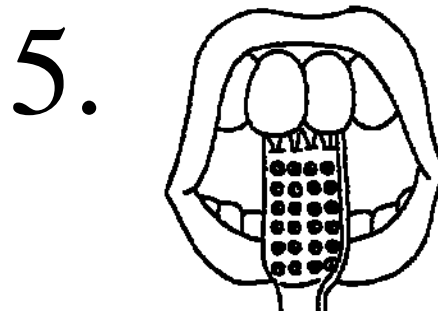
Slide the floss gently between the teeth and under the gum. Wrap the floss in a “C” shape around the tooth. Gently rub up and down. Floss both sides of each tooth and under the gumline. Move to the next space.

3. When floss becomes soiled, unwrap a clean section of floss from one finger and wrap the soiled floss onto the other finger (like a tape recorder).



Brush for two minutes twice a day, in the morning and at bedtime. Use a soft-bristled toothbrush. Place a pea-sized amount of fluoride toothpaste on your toothbrush.

Place the toothbrush bristles at a 45° angle to the tooth with the bristles pointing towards the gum. Gently massage the gums in short gentle strokes.



For the front teeth, brush the inside surfaces of the top and bottom teeth by tilting the brush behind the teeth. Make several strokes with the tip of the brush over the teeth and gums.

6. Brush the top of your tongue. It will freshen your breath.

**Never share toothbrushes.**

For more information, contact the  
Oral Health Program at **(306) 655-4462**