

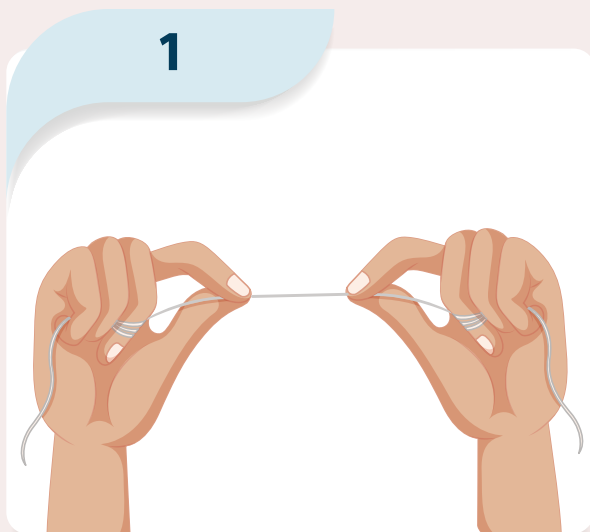
Flossing Technique

Your teeth are the gateway to your health

الحملة الوطنية لصحة الفم 2024

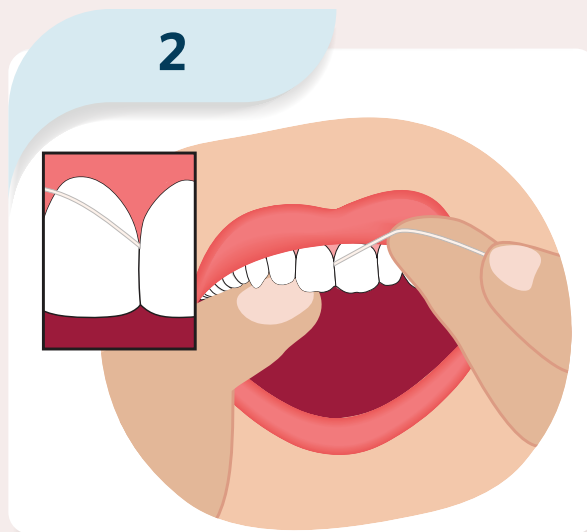
National Oral Health Campaign 2024

1



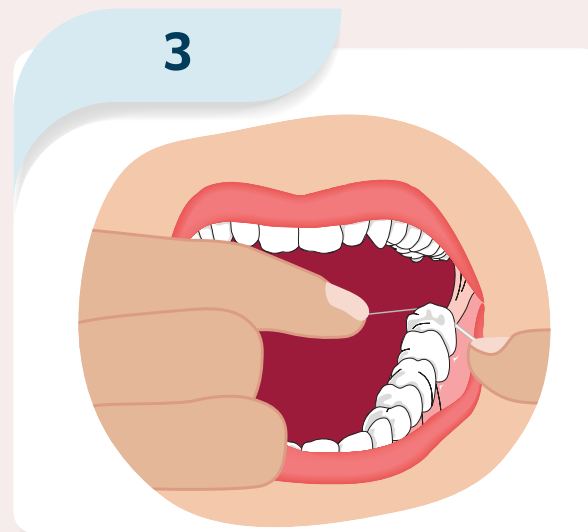
Take about 18 centimeter of floss and wrap it around the middle fingers of each hand, leaving 1-2 centimeter of length in between

2



Gently use your thumbs to direct the floss between the teeth and curve it around each tooth before moving it up and down in a zig-zag motion to the gumline as shown in the picture

3



Repeat the procedure gently for all the teeth and be sure to floss the back surface of last tooth



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