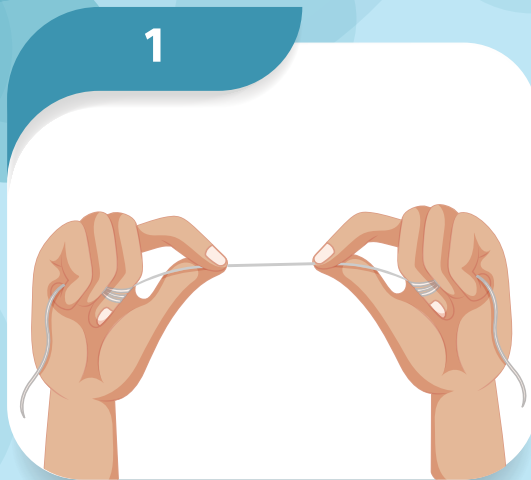
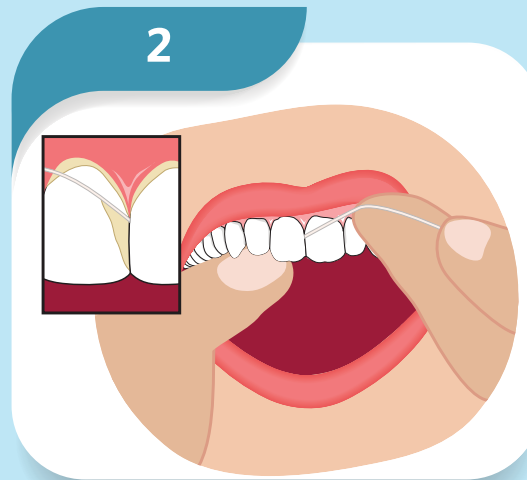


Flossing Technique



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



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



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



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