

Would you only wash from the waist up? The same goes for your teeth

Remember to clean
in between your teeth
once a day!



SMALL GAPS

How to floss

1. Wrap 25-30cm of floss around your middle fingers on both hands.
2. Using your thumb and index fingers, floss in between each tooth using gentle up and down motions, and run the floss along the side of each tooth.
3. Repeat for each gap between teeth, and unwind the floss slightly each time to use a clean piece. Use flossettes (floss on a stick) if flossing is difficult for you.



BIG GAPS

How to use interdental brushes

1. Hold the brush firmly in between your thumb and index finger.
2. Place in between teeth gaps and gently brush backwards and forwards a few times between each tooth.
3. Rinse the brush with plain tap water after use and put it back in a lid / cover.

