每日用牙線 牙周病無機可乘

Floss daily No chance for Gum Disease

2



在同一位置上打三個結, 以防鬆脫

Tie three overlapping knots at the same spot to prevent loosening of the floss







4

前後拉動牙線,慢慢地 將它滑進齦溝內

Using a back and forth motion, gently slide the floss towards the gum between two teeth.





5

將牙線緊貼牙面,上下 拉動

Wrap the floss around the adjacent tooth surface tightly. Slide the floss up and downthe surface for a few times.





再將牙線緊貼另一個牙 面作同樣動作,重複以 上步驟直至每個牙面都 清潔為止

Repeat the motion on the adjacent tooth surface of the other side. Repeat the process until each adjacent tooth surface has been cleaned.



