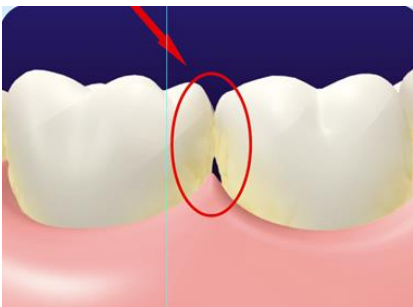
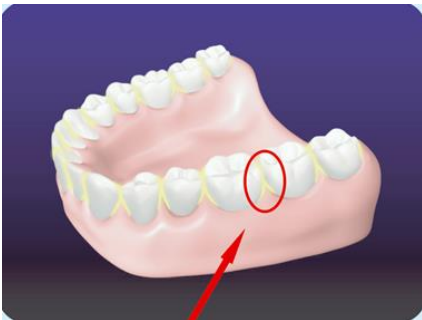


The Basic Principles of Dental Flossing

Why is dental flossing necessary?

Accumulation of dental plaque will cause periodontal disease and tooth decay. However, toothbrushing can only remove the dental plaque from the outer surfaces, inner surfaces and chewing surfaces of teeth. Thus, dental flossing is necessary to remove the dental plaque accumulated on adjacent tooth surfaces.

Dental plaque accumulated on the adjacent tooth surfaces

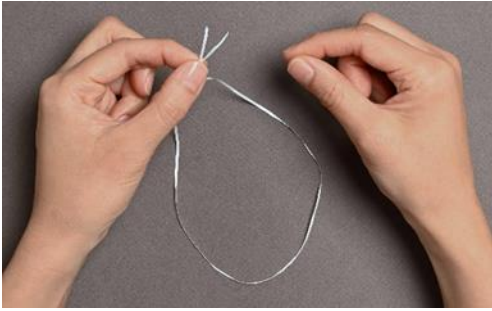


Preparation for dental flossing: Method 1 – Floss Loop

1. Take a piece of dental floss which is approximately 20-25 cm long.



2. Put the ends of the dental floss together.



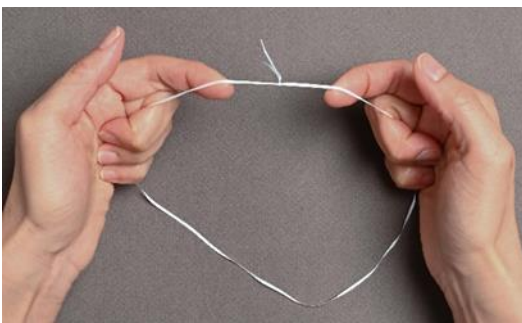
3. Tie three overlapping knots in the same spot.



4. Pull the floss taut to tighten the three knots, thus, the floss loop will not loosen up when it is in use.



5. Use fingers of both hands to pull the floss loop taut.

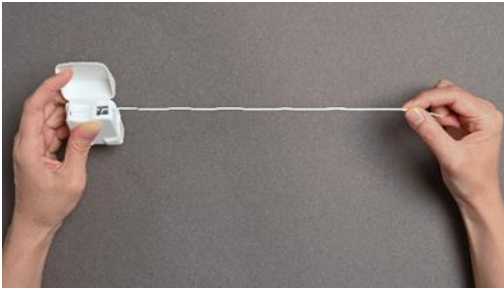


6. Control a 2 cm segment of the floss with thumbs and forefingers.

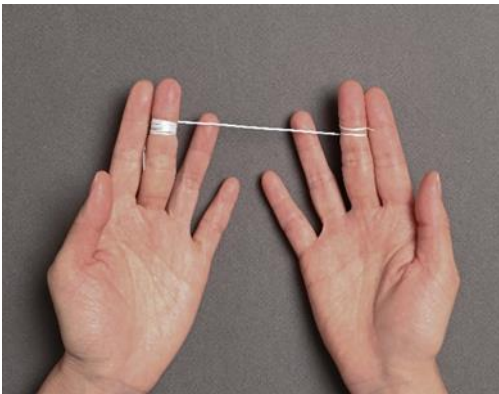


Preparation for dental flossing: Method 2 – Finger Wrap

1. Take a piece of dental floss which is approximately 30-45 cm long.



2. Wind each end of the floss around the middle fingers of both hands, leave about 6 cm of floss in between the middle fingers.

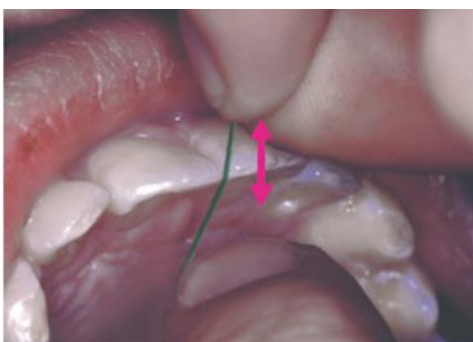


3. Use the thumbs and the forefingers of both hands to hold the floss, leave about 2 cm of floss in between.



Flossing Technique

1. Control a 2 cm segment of the floss with thumbs and forefingers. Use a sawing motion to slide the floss into the interdental space.



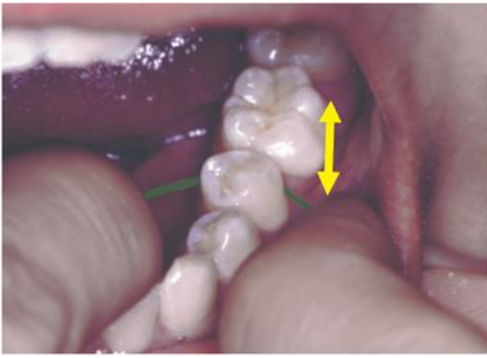


2. Wrap around one tooth to make a "C" shape and gently pull down to the deepest part of the gingival sulcus, and then slide it up and down against the tooth.

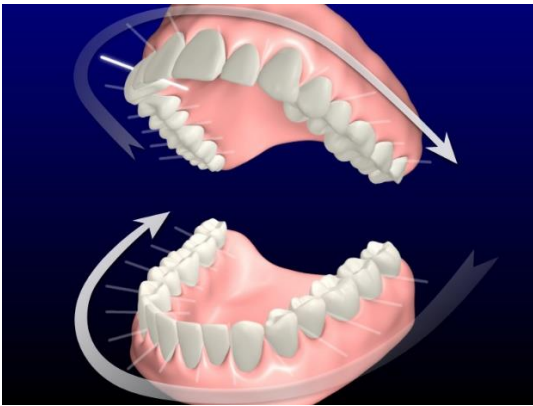


3. Then wrap around the neighbouring tooth and repeat the up and down motions. Clean all the other adjacent tooth surfaces in the same way.





Flossing Sequence



Dental flossing should be done systematically. Firstly, floss every adjacent tooth surfaces of the upper jaw, starting from the posterior tooth, one by one. Then, clean the adjacent tooth surfaces of the lower teeth in the same manner. This ensures that dental plaque on all adjacent tooth surfaces are removed.

From now on, I use dental floss to clean all adjacent tooth surfaces every day.