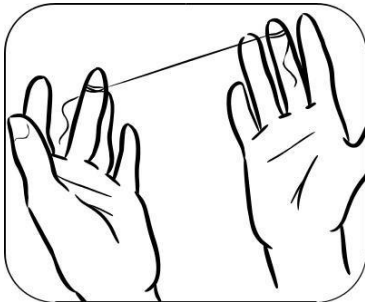
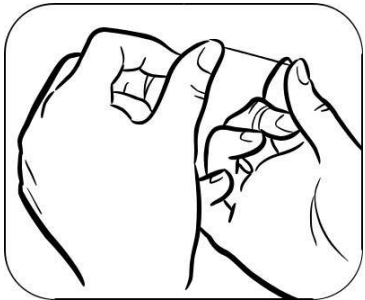


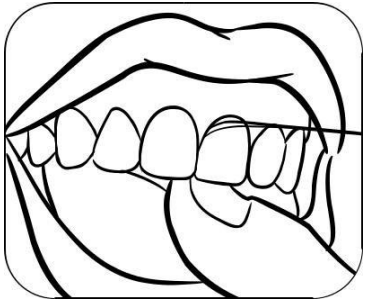
# HOW TO FLOSS



Wrap floss around the middle fingers of each hand.



Use your thumb and index finger to guide the floss. Insert the floss gently in between your teeth.



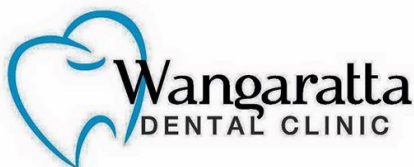
Curve the floss into a “C” shape against the side of the tooth. Move the floss gently under the gum until you feel the pressure.



Hold the floss firmly against your tooth and scrape the plaque from the side of your tooth in one pull.



Floss all your teeth. Don't forget to floss the back of your back teeth.



A Dental Health Education Project Brought To You By:  
Dr. Vei Nee Phoon  
Wangaratta Dental Clinic  
36A & 36B Reid Street Wangaratta VIC 3677  
Tel: 03 57213763  
info@wangarattadental.com  
<http://www.wangarattadental.com>