

Information Sheet No 4

Flossing/Flossettes

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Flossing/Flossettes

Although brushing removes most of the dental plaque, there is usually some left between the teeth where the brush does not reach.

Flossing is the best way to remove plaque from between the teeth. This technique uses a special thread called dental floss, which can be purchased from most chemists, supermarkets and at our practice.

When To Floss

For most people, flossing once a day is enough. The best time to floss is after your last meal, before going to bed.

How To Floss

1. Take a length of floss about 50cm long and wrap the ends around the middle fingers of each hand, leaving 6-8cm between the fingers
2. Hold the floss between the thumbs and forefingers, leaving about 2-3cm between them and pulling the floss tight
3. Slide the floss into the space between the teeth and gently move it forward and back until it slips through
4. Curve it into a 'C' shape against one tooth and move the floss up and down against the side of the tooth, gently stroking the plaque away
5. Pull it out from between the teeth and wind more floss from one finger to the other to reveal a fresh piece
6. Repeat with the side of the next tooth and work your way round the mouth systematically

How to use Flossettes

Flossettes are specifically designed to make flossing easy and effective for those who find it difficult to maintain a regular flossing habit.

Flossettes have specially designed handles with thumb grip for greater control. Curved head allows easy insertion of floss between teeth and the relaxed floss tension helps minimise gum irritation.

Conveniently removes the food and plaque toothbrushing can miss. Clinically proven as effective as regular dental floss.

1. Guide the floss between teeth and under the gumline using a gentle back and forth motion.
2. Curve the floss around the tooth.
3. Use a gently up and down motion to remove food and plaque.
4. Repeat until each tooth has been cleaned, rinsing the flosser with water after use between each interdental space.

Flossettes are designed for a single flossing session. You are advised to discard the flosser after each flossing session.