

Flossing with Braces

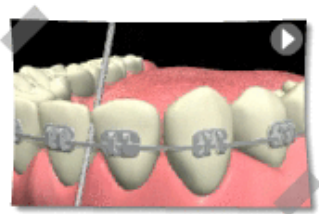
Flossing regularly can be difficult while wearing braces. Using a Floss Threader or Superfloss can be used to simplify the process. They can be found in the dental aisle of most supermarkets and drug stores.



1. Push the stiffened end through the space between the teeth and the orthodontic appliance.



2. Then wrap the floss ends around middle fingers, hold it tightly between the thumbs and forefingers of both hands, leaving about 2 cm of floss in between.



3. Gently pull the floss into the interdental space by using a sawing motion.



4. Wrap the floss around one tooth in a "C" shape, pull down to the deepest part of your gums, and then slide up and down to clean the tooth surface. Wrap around the adjacent tooth and repeat the cleaning. Be careful not to put too much pressure on the wire as you pull down.

