



P.O. Box: 48577, **DUBAI**, U.A.E.

Tel: 04 267 8866, Fax: 04 267 8855

P.O. Box: 457, **SHARJAH**, U.A.E.

Tel: 06 565 8866, Fax: 06 565 6699

E-mail: info@zulekha-hospitals.com • Website: www.zulekha-hospitals.com

ص.ب: ٤٨٥٧٧، دبي، إ.ع.م.

هاتف: ٢٦٧ ٨٨٦٦ - فاكس: ٢٦٧ ٨٨٥٥ - إ.ع.م.

ص.ب: ٤٥٧، الشارقة، إ.ع.م.

هاتف: ٥٦٥ ٨٨٦٦ - فاكس: ٥٦٥ ٦٦٩٩ - إ.ع.م.

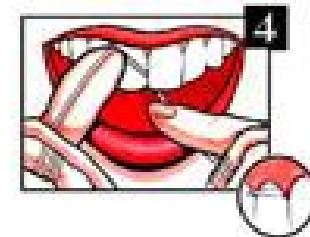
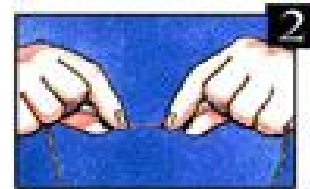
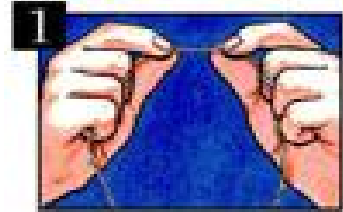
Flossing



Flossing is an essential part of the tooth-cleaning process because it removes plaque and food particles from places where a tooth brush cannot easily reach under the gumline and between your teeth.

Steps of Flossing:

1. Wind 40-50 cm of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 3-5 cm length in between. Use thumbs to direct floss between upper teeth.
2. Keep a 3-5 cm length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.
3. Gently guide floss between the teeth by using a zig-zag motion. Never SNAP FLOSS BETWEEN YOUR TEETH as this may cut or bruise delicate gum tissue. . Contour floss around the side of the tooth making sure you go beneath the gumline.
4. Slide floss up and down against the tooth surface and under the gumline. To remove the floss use the same back and forth motion to bring up the floss and away from the tooth.
5. Use a new section of Floss each time you move to a new space between teeth.



shutterstock · 19098331