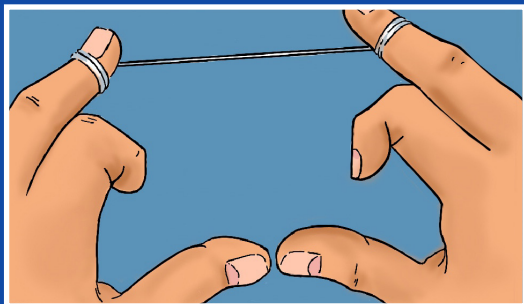


# TIPS FOR FLOSSING

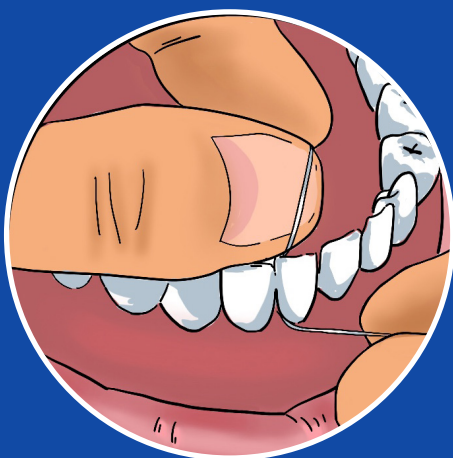
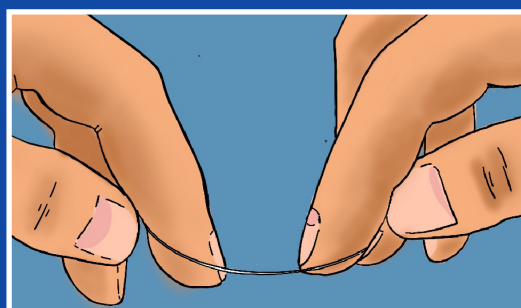


## Step 1:

Take a length of floss equal to the distance from your hand to your shoulder.

## Step 2:

Wrap it around your index and middle fingers, leaving about two inches between your hands.



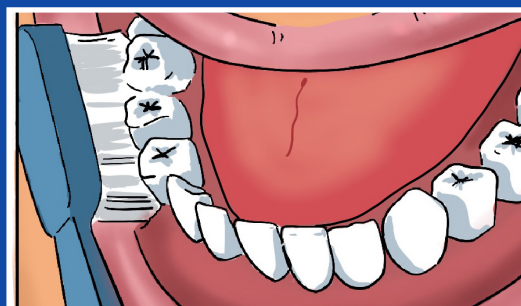
## Step 3:

Slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gumline. Wipe the tooth from base to tip two or three times.

## Step 4:

Be sure to floss both sides of every tooth. Don't forget the backs of your last molars.

Go to a new section of the floss as it wears and picks up particles. And don't forget to brush after flossing!



Illustrations by Ananya Bhattasali