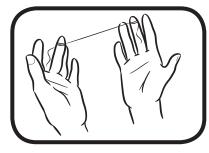
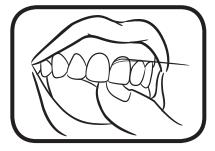
## **How to Floss**



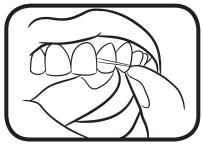
• Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



· Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



• Curve the floss into a "C" shape against the side of the tooth.



· Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



• Floss all your teeth. Don't forget to floss behind your back teeth.