



# CLEANING BETWEEN YOUR TEETH FLOSS & INTERDENTAL BRUSHES

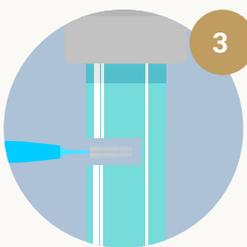
## INTERDENTAL BRUSH TECHNIQUE



1 Choose the correct size interdental brush. Hold the interdental brush firmly between your thumb and index finger.

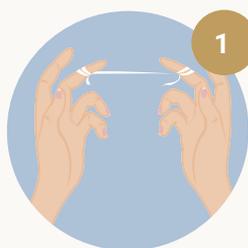


2 Place in-between the teeth gaps and gently brush in and out a few times between each tooth.



3 Rinse the brush under tap water after use and put the cover back on.

## DENTAL FLOSS



1 Take about 45 cm of dental floss and wrap most of it around your left middle finger.

Wind the remaining floss around your right middle finger.



2 Grip the floss between your thumbs and index fingers and gently slide it through the contact point of the teeth. Slide it up and down the side of the teeth, down each side of the pink triangle of gum between the teeth. The floss should disappear slightly under the gum (this cleans the tooth under the collar).



3 Gently remove the floss from the teeth. Wind a little bit of the floss from your left finger to your right finger to move along the dirty part and to give you a fresh area of floss to clean the next two teeth with. Repeat this wherever two teeth are touching.



- Flossing can be a bit fiddly and at first it might make your gums bleed a little. But as the health of your mouth improves with daily flossing, this will stop (usually within a week). People with braces or gaps between their teeth may find interdental brushes may be easier to use.
- If you're flossing your child's teeth lean their head back into your lap so you can see into their mouth. Or they can stand in front of you and tip their head back against your chest.
- Never force the interdental brush between the teeth gaps. If you're unsure, your dentist can advise which size is best for you. Ask your dentist for tailored guidance on oral hygiene techniques and aids to suit your mouth.

SUPPORTING  
YOU AND YOUR  
HEALTHY SMILE

