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Flossing Can Be Fun! (1978)

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**flossing
can be
fun!**

Unwaxed dental floss, x 50 magnification.



flossing can be fun!

Flossing is an essential part of your dental disease control program. It is important to floss carefully and thoroughly every day.

If your drugstore or supermarket does not stock dental floss, ask the manager to do so.

Flossing is a skill that needs to be learned. Don't be discouraged with your first attempt; after a while flossing will take only a few minutes of your time.

Use your dental floss exactly as instructed by your dentist and dental staff. Here are some helpful suggestions to remember:

1. Be gentle in working the floss between your teeth. Never "snap" the floss into your gums.
2. Always curve the floss into a "C" shape and scrape up or down on the teeth. Don't saw!

3. When first learning to floss, use a disclosing tablet or solution to stain the plaque. As you floss you should remove the stained plaque from the sides of each tooth. After you become skilled you will be able to floss without staining or using a mirror to guide you.

4. You can floss almost anywhere. Floss while watching TV.

5. Make flossing a family affair. Flossing and brushing are good grooming habits. Start children learning early. And practice daily.

Just as flossing removes plaque from between your teeth, proper brushing cleans the other exposed surfaces. Together, flossing and brushing are important elements of daily preventive dental care!





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