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Flossing Can Be Fun! Number Four in a Series (1972)

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**Flossing
Can Be
Fun!**

Number
Four
In A
Series

Flossing Can Be Fun!

A well-equipped workshop contains a variety of tools for a variety of purposes. A screwdriver will do little to remove a nail. Likewise, a toothbrush will remove little dental plaque from between the teeth, where it cannot reach. Yet much tooth decay occurs in these in-between tooth areas.

One of the tools your dentist has recommended for cleaning between your teeth is dental floss. (If your drugstore or supermarket does not stock dental floss, ask the manager to do so.)

Use your dental floss exactly as instructed by your dentist and his 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. When first learning to floss use a disclosing tablet or solution to stain the plaque on your teeth. As you carefully floss all teeth 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.

3. Floss your teeth at least once every day.

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

Other pamphlets in this plaque control and prevention series include:

G 50 What Is Plaque?

G 51 Remove the Plaque!

G 52 Disclose the Enemy!

G 54 Toothbrushing Tips

G 55 What About Fluorides?

G 56 Nutrition and Dental Disease

G 57 It's Up To You!



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