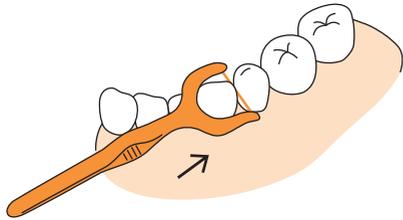
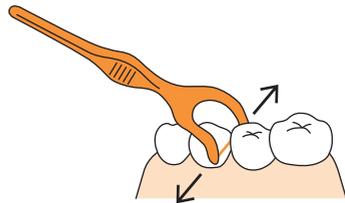


How to use flossers and key points

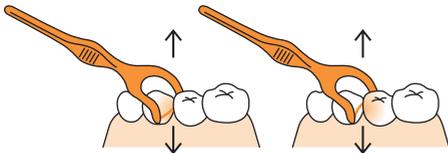
(1) While checking the mirror, place the string of the flosser between the teeth.



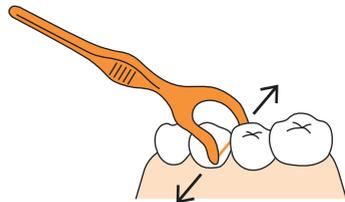
(2) Gently slide the flosser between the teeth. Do not slide the flosser too hard at this time since it may damage your gums.



(3) When the string moves further down between the teeth, slide the flosser up and down along the sides of the teeth to remove plaque on both sides of the teeth.

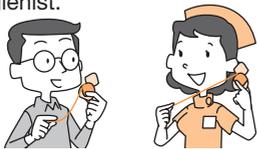


(4) Gradually slide the flosser out to remove it from between the teeth.



Key points for dental floss use

1. When you are unsure of how to use dental floss, consult with your dentist or dental hygienist.



2. Use a mirror to see where to floss so you don't damage your gums with the floss.



3. When the floss snagged or fray, you may have a cavity or tartar scale on your teeth. Consult with your dentist.



4. Dental floss is essential for children as well to prevent cavities. When children cannot floss on their own very well, parents or guardians should floss the children's teeth.



Series: For Good Teeth

Dental Floss

- What is dental floss?
- Importance of dental floss
- How to use dental floss and key points
- How to use flossers and key points
- Suggestions for dental floss use

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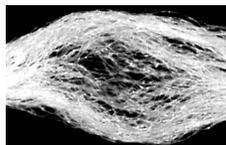


Dental floss: Cleans between the teeth where the toothbrush cannot reach easily.

What is dental floss?

Dental floss is made of many strands of flexible fine nylon filaments (extremely fine fiber) wound together.

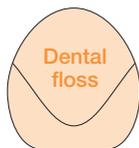
The filaments spread apart and catch and remove dental plaque from between the teeth.



Enlarged photo of filaments

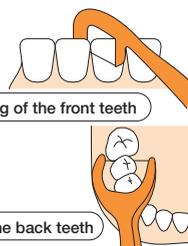
(1) Dental floss

Remove the necessary amount and maneuver the dental floss with the fingers between the teeth to clean.



(2) Flossers

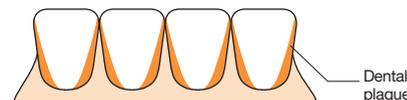
Flossers are easier for beginners and those who find it difficult to maneuver dental with the fingers.



Flosser for easy flossing of the front teeth

Flosser for easy flossing of the back teeth

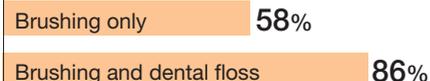
Importance of dental floss



Dental plaque

Since dental plaque builds up easily between the teeth and brushing with a toothbrush does not remove the dental plaque sufficiently, cavities and gum disease occur easily between the teeth.

Cleaning rate of dental plaque between the teeth



Brushing with a toothbrush only removes about 60% of dental plaque between the teeth. However, using dental floss in addition to brushing with a toothbrush removes nearly 90% of dental plaque.

Yamamoto, et al. Revision of *Journal of the Japanese Society of Periodontology*, 1975

How to use dental floss (string floss) and key points

<p>15 cm or so</p> <p>1-2 cm</p>	<p><Basic way of holding dental floss></p> <p>Front teeth at the top</p> <p>Front teeth at the bottom</p> <p>Back teeth at the top</p> <p>Back teeth at the bottom</p>		<p>Back of the back teeth</p> <p>Front side of back teeth</p> <p>Right side of the front teeth</p> <p>Left side of the front teeth</p>	
<p>(1) Break off a piece about 40 cm long of dental floss. Wind the dental floss around both middle fingers several times with 15 cm of floss stretched out between your middle fingers.</p> <p>(2) Hold the dental floss with the thumbs and index fingers and maneuver.</p>	<p>(3) Gently slide the dental floss side to side to insert the floss between the teeth.</p> <ul style="list-style-type: none"> - It may feel a little tight when the dental floss slides through the contact points (where the teeth touch each other). However, if you push down too hard, you may hurt your gums. Therefore, please be careful when sliding the floss between your teeth. <p>Contact points</p>	<p>(4) After the dental floss passes the contact point, slide the dental floss until it moves slightly under the gumline (where the dental floss smoothly slides to).</p> <p>(5) Rub the surface of the teeth several times as if you are wrapping the tooth with dental floss by moving the dental floss up and down to remove dental plaque.</p>	<ul style="list-style-type: none"> - Do the same for surfaces on the right and left sides and front and back. - When flossing other areas, use a new clean portion of the dental floss. - Flossing does not lead to increases in the size of the interdental spaces. 	<p>(6) When removing dental floss from between the teeth, gently and slightly slide the dental floss out. When you finish flossing all necessary spaces, rinse out your mouth.</p> <ul style="list-style-type: none"> - When it is difficult to remove dental floss from between the teeth because it is stuck in a dental fillings, do not remove it forcefully. Let go of the dental floss from one finger and pull the floss out from one end.