

Your flossing **CHECKLIST:**



Floss **AT LEAST ONCE A DAY**
after brushing



Insert the floss **GENTLY** to
avoid irritating your gums



Floss between your teeth
and **BELOW THE GUM LINE**



Use a **CLEAN SECTION** for each side
to avoid moving bacteria around



Use a floss which is adapted
to **YOUR NEEDS**



Use a mouthwash just
AFTER FLOSSING