

Dental floss

Dental floss is a cord of thin filaments used to remove food and dental plaque from between teeth in areas a toothbrush is unable to reach. As the build-up of plaque between the teeth is the primary cause of dental disease, such as gingivitis and dental caries, the use of floss is commonly recommended in order to prevent these conditions from developing.

How to use:

Dental professionals recommend that a person floss once per day before or after brushing to allow the fluoride from the toothpaste to reach between the teeth. Floss is commonly supplied in plastic dispensers that contain 10 to 100 meters of floss. After pulling out approximately 40 cm of floss, the user pulls it against a blade in the dispenser to cut it off. The user then strings the piece of floss on a fork-like instrument or holds it between their fingers using both hands with about 1–2 cm of floss exposed. The user guides the floss between each pair of teeth and gently curves it against the side of the tooth in a 'C' shape and guides it under the gumline. This removes particles of food stuck between teeth and dental plaque that adhere to dental surfaces below the gumline.

