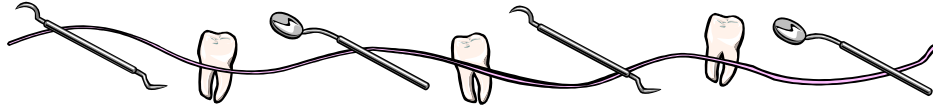




# How to Floss

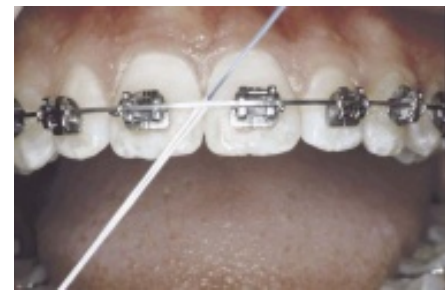
## With Braces



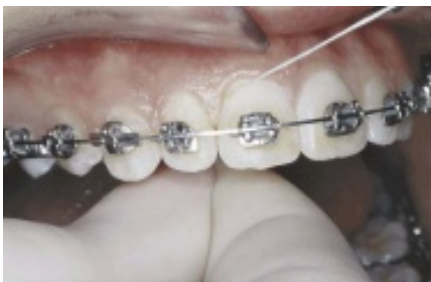
**Floss nightly after brushing to remove plaque your toothbrush misses. Use a floss threader between gums and braces.**



1. Thread the floss through the floss threader and pass it under the arch wire.



2. Pull up on the floss threader bringing it and one end of the floss up under the arch wire.



3. Now the floss should be in the position to floss in the usual manner. Curve the floss into a "C" shape and gently slide it under your gum.



4. Floss carefully by moving the floss away from the gum by scraping the floss up and down ten times against the side of each tooth.

**Remove floss threader and continue this method with the rest of the teeth, using an inch of clean floss between each tooth.**