

Flossing Basics

When we wake up in the morning we need to floss our teeth. Yes, floss. No more excuses. Floss just doesn't remove left over food debris. It removes icky sticky plaque. You know that stuff that sticks to the teeth and cavities and gum disease. Don't know how to floss? The best way is to take approximately 18 inches of floss, wrap most of the floss around your middle finger on one hand and the remainder around the other middle finger on your other hand. Grasp the floss with your forefingers and thumbs, guiding the floss with a back and forth motion between teeth. Once you reach your gum line, give one tooth a great big floss hug. Hug the tooth firmly with floss and gently move floss up and down. Repeat with the other tooth then repeat the whole process with the whole process with the rest of your teeth; unravelling a fresh section of floss as you move along. Not coordinated enough? Practice makes perfect, and when in doubt there are a lot of flossing aids on the market to assist all ages and coordination levels. Not enough time in one day? Flossing takes only five minutes and can be done while you're watching your favourite T.V. show. Sore or bleeding gums may be experienced by first time and infrequent flossers, but with persistence it will go away. For further techniques visit your dental health care provider. Remember to "floss the teeth you want to keep."

Submitted by April Freeman

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