Help keep your gums
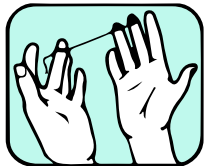# **healthy for life**

See our how to floss
guide overleaf.

Clean between your teeth

Choose a type of floss that suits you, and clean between your teeth at least once a day. This can be before or after brushing, in the morning or evening.
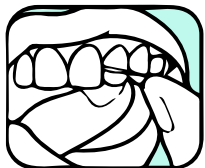
—Step 1
Take a long length of floss and wind each end around your middle fingers.

—Step 2
Wind the floss around the fingers until, when pulled tightly, the floss between each hand is around 3cm to 5cm long.

—Step 3
With the floss pulled tightly, slide it between two teeth. Guide it up and down against the surface of the teeth and below the gum line.

—Step 4
Continue this process around the mouth, moving methodically from one pair of teeth to the next.

Simplyhealth
All together *smilier*