



How to Floss Like a Boss

THE ESSENTIAL GUIDE

By Dr. Christine Coughlin DDS

WHY FLOSS?



Proper flossing is absolutely essential for your dental health. It removes harmful plaque, bacteria, and food particles in between the teeth and under the gumline where a toothbrush can't easily reach.

TYPES OF FLOSS



There are two main types of floss. Nylon (multifilament) floss or PTFE (single filament floss). Nylon floss is available waxed and unwaxed. It may sometimes tear or shred between teeth with tight contacts.

Single filament floss slides more easily between teeth and is shred-resistant, which may be a better choice for those with tight contacts.



If it's hard to use regular floss, the next best option is a floss pick.

A Waterpick or waterflosser *isn't a substitute for flossing* but can be used in addition to your oral hygiene routine.



STEP-BY-STEP INSTRUCTIONS FOR FLOSSING:



1. Starting with 18 inches of floss, wind the floss around each middle finger, leaving 1-2 inches of floss to work with.
2. Hold the floss tautly between your thumbs and index fingers.
3. Gently slide the floss down in a back-forth-motion to one side of the first tooth, moving the floss up and down between your teeth.
4. Gently follow the curves of your teeth.
5. Never snap or force the floss down on your gums. This can hurt your delicate gum tissue and cause gum recession.
6. Gently curve the floss around the base of each tooth, making sure to thoroughly go beneath the gumline in a gentle sweeping motion, removing any plaque and food debris.
7. Use a clean section of the floss as you move from one tooth to the next.
8. To remove the floss, use the same back-and-forth motion to bring the floss up and away from the teeth, or gently pull the floss through.



Floss every day at bedtime before brushing your teeth. You can floss more often if you'd like or if you tend to snack or drink beverages (besides water) often, or engage in oral habits that increase your risk for dental problems such as smoking (and, of course, try to quit).



NEXT UP: BONUS TIP



BONUS TIP:



If you have braces, bridges, implants, or wider gaps between your teeth, use a floss threader or Super Floss (comes with 3 parts attached: regular floss, spongy floss, and a stiffened-end floss threader), to *clean under and around* your dental restorations or wider gaps.



If you do not floss under and around these teeth, this leads to gum disease, tooth decay, and failure of the dental restoration.

HOW TO FLOSS UNDER A BRIDGE



1. Insert the stiffened end into the space between the bridge and the tooth.
2. Pull the super floss until the spongy part reaches the bridge.
3. Gently wrap the spongy floss around the base of the real tooth; slide up and down the side of the tooth.
4. Make sure you thoroughly go beneath the gumline in a gentle sweeping motion to remove plaque and debris.
5. Next, gently slide the spongy floss between the gum and the base of the bridge; gently sweep back and to remove plaque and debris under the false tooth.
6. Then, move to the other real tooth on the other side of the bridge; repeat steps 3 and 4 for this tooth.
7. Finally, slowly pull out the super floss between the tooth and the bridge.
8. You can proceed with flossing the rest of your teeth using the regular floss portion.





Thank you, friend!

So there you have it! Everything you need to Floss like a Boss!
I know you've got this!

I created this guide just for you because I'm passionate about empowering
you & your family to have amazing dental health *for life*,
free of easily preventable dental problems.

You deserve to have a smile that reflects your authentic and best self.
Because YOU ARE WORTH IT, my friend.

For more helpful dental tips to make your life easier, check out our blog at
Thrivedentist.com/blog.

And come see us in person! Book online at Thrivedentist.com.

If you have any questions feel free to ask me! Write your question to:
Thrivedentist@gmail.com and write "Question for Dr. Christine" in the
subject line.

I can't wait to meet you, friend!

With lots of love,



Dr. Christine Coughlin DDS