



## Don't Wait to Floss!

Most children wait to floss until the next dentist visit comes around. Don't wait until the last minute because it might be too late! You may think that your toothbrush can reach every spot in your mouth but that's not the case. Those hard to reach places that your toothbrush can't get to, can be reached by flossing. While flossing, you can remove plaque from your teeth that you never knew you had!

Make sure to use the right kind of floss. There are many different kinds of floss depending on how sensitive your gums may be including: waxed, unwaxed, thick or comfort floss. Use the right kind and you can make flossing a quick and easy routine.

Here are a few fun tips on how to floss properly:

- Tear off about 18 inches and wind it around each of middle finger on your right and left hand.
- Hold the floss right between your thumbs and forefingers.
- Make sure you guide the floss in between your teeth; never snap the floss into your gums.
- When the floss reaches your gum, slide it into the space between your gum and tooth.
- Make sure you hold the floss tightly against your tooth. Do this in between each tooth including the back side of the last tooth.

If you need more tips or have questions about flossing visit your dentist.

It isn't just your teeth and gums! Maintaining oral health can keep you healthier in many other ways!

Visit [UnitedConcordia.com](http://UnitedConcordia.com) for more tips for a healthier mouth.