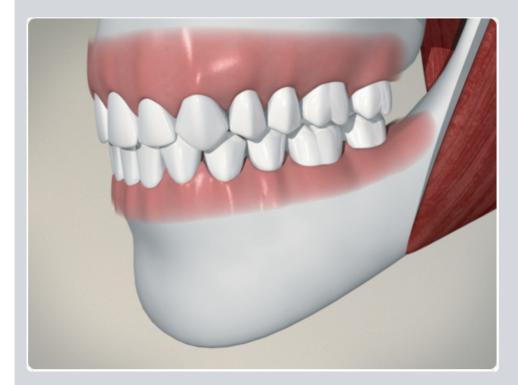# Preventative - Flossing

Proper brushing and flossing is important for maintaining healthy teeth and gums. This will only take a few minutes each day, but will help keep your teeth and gums healthy.

Flossing helps to remove the plaque that forms on your teeth every day. If the plaque is not removed, it forms acid. This causes teeth to decay and gums to become infected.

Flossing removes plaque where a toothbrush cannot reach. These areas are along the gumline and between your teeth. To floss your teeth, start by taking about 12 inches of floss.

Slide the floss between your teeth, curving around each tooth making a "c" shape. Make three scoops on each side of every tooth, going slightly under the gumline.

Repeat this process with the lower teeth. Don't forget to floss behind your back teeth. By combining proper flossing and a regular brushing routine, you are able to reduce plaque build-up.

Notes:

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