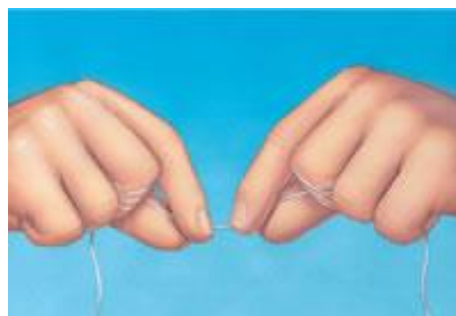


## Flossing Method

1. Measure and cut a piece of floss equal to the distance of your hand to your elbow. Wrap the floss three times around the tip of the middle finger and the remaining floss around the opposite middle finger.

2. Use the index finger or the thumb to guide and slide the floss between your teeth.



3. Gently insert the floss between the teeth by moving it back and forth in a see-saw motion. Do not press down hard since you may cut the gum.



4. Wrap the tooth with floss in a "C" shape. Move the floss up and down the side of the tooth surface and gently under the gumline. Repeat on the next tooth.



Images courtesy of Sunstar Americas, Inc