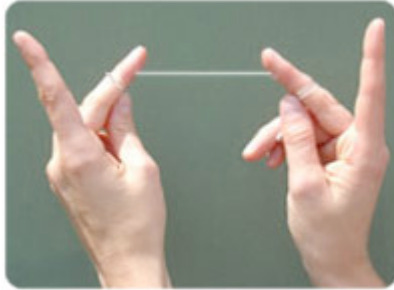
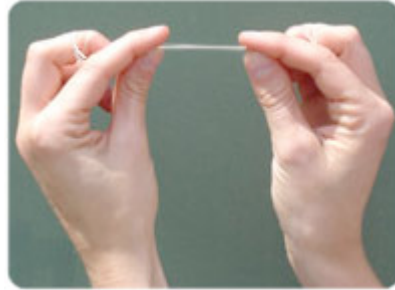


HOW TO FLOSS YOUR TEETH

You should floss your teeth thoroughly at least once a day to remove plaque from the areas that your toothbrush cannot reach. Follow the steps below for proper flossing, and contact your doctor if you have any questions.



1. Wind about 18 inches of floss around your fingers as shown. Most of it should be wrapped around one finger, and as the floss is used, the other finger takes it up.




2. Use your thumbs and forefingers to guide about one inch of floss between your teeth.



3. Holding the floss tightly, gently saw the floss between your teeth. Then curve the floss into a C-shape against one tooth and gently slide it beneath your gums.



4. Slide the floss up and down, repeating for each tooth.

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