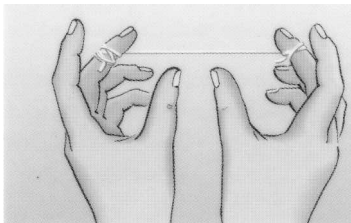




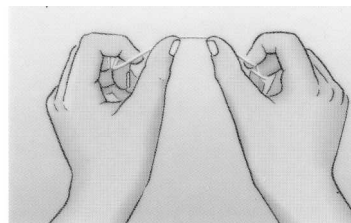
# Tips and tricks for thorough oral hygiene

Systematic mouth care from Oral-B



## 1. How to hold dental floss:

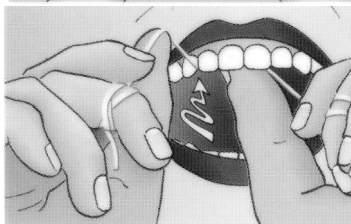
Tear and a few times around your left middle finger off approximately 45cm of dental floss. Wrap it two or three times around your right middle finger until there are about 5-10cm of floss left between your hands.



## 2. How to start in the upper jaw:

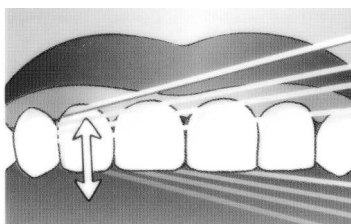
To clean the interdental areas in the upper jaw, stretch a short section of the dental floss (approx. 2cm) firmly over both thumbs.

**\*use a fresh section for each tooth\***



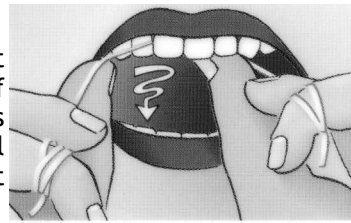
## 3. How to insert dental floss.

Carefully insert or draw in the dental floss to avoid injuring your gums. For very narrow interdental areas, light horizontal sawing motions may be helpful to ease the floss past the contact points (points where the teeth touch).



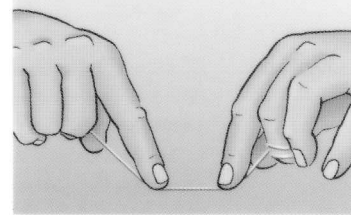
## 4. How to floss:

Wrap the dental floss around a tooth in a u shape and move the thread up and down approx six times, applying slight pressure. Never move it back and forth! Draw the dental floss all the way down under the gum edge. Then move on to the neighbouring tooth in the same interdental area.



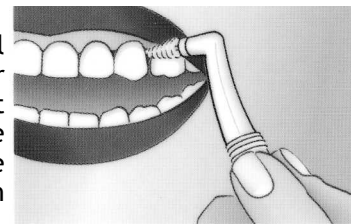
## 5. How to remove dental floss again:

If the contact points are easily passable, pull the dental floss back out through the contact points. If the contact points are very tight, remove the dental floss by pulling it sideways out of the interdental area.



## 6. How to continue in the lower jaw:

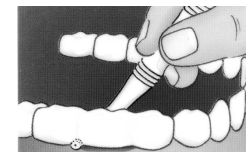
To clean the interdental areas in the lower jaw, stretch the dental floss over the tips of both your index fingers. Then carefully insert the dental floss and floss as previously in the upper jaw.



## 7. How to use interdental brushes:

Insert the brush from the outside or the inside into the interdental area and then move it back and forth. The brush should fill the interdental area with its bristles under slight pressure, but not causing any danger of injury.

**Interdental brushes are also suitable for cleaning implants and fixed orthodontic appliances. Change the brush after 14 days at most. Your dental professional will be happy to advise you on the right brush size.**



- use dental floss every evening before brushing your teeth
- Slight gum bleeding may very occasionally occur when using dental floss. In this case please consult your dentist to rule out inflammations or improper use.