



String Floss, Floss Holder, & Threaders



Purpose & Indication for use

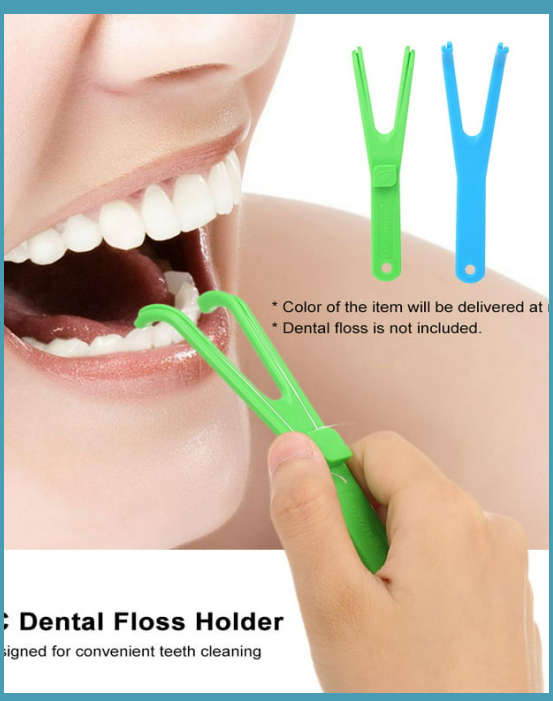
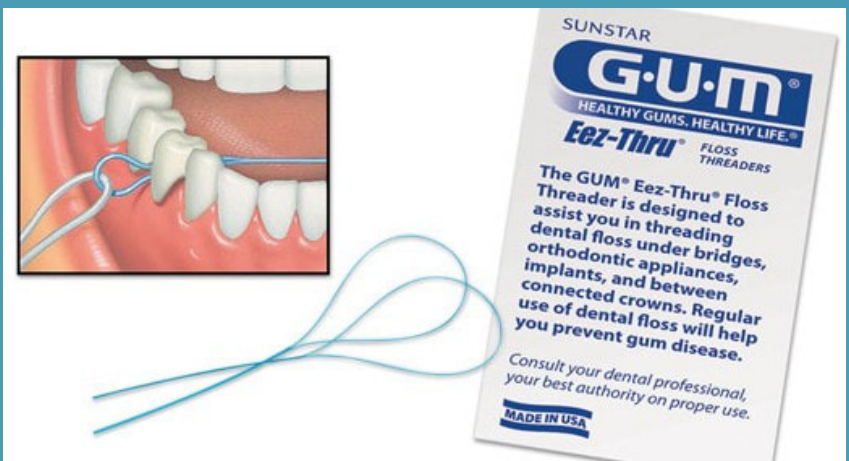
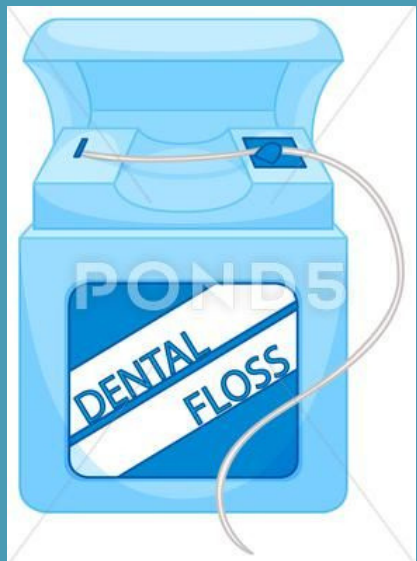
String floss: crucial for preventing dental plaque from turning into calculus, a leading cause of gingivitis, by reaching areas that toothbrushes can't reach. (Lafolla, 2022)

Threaders: aids in threading floss between dental appliances like braces, bridges, or implants. (Darby & Wash, 2014)

Floss holder: designed to simplify the process of flossing teeth. it's beneficial for individuals with limited dexterity, those in early stage of learning to floss and caregivers responsible for flossing someone else's teeth. (Darby & Wash, 2014)

Expected outcomes

Plaque removal, prevention of cavities, gum diseases, convenience, maintaining oral health, fresh breath



Cautions/limitations for use



Avoid snapping or forcing the floss between teeth aggressively, it may cause injury to the gum or teeth, need proper technique, clean floss holder regularly to prevent buildup bacteria they are not substitutes for regular dental check-ups and professional cleaning (Quartano, 2020).

String Floss demonstration

<https://www.youtube.com/watch?v=VsgSLYWx5-0>



Floss Holder Demonstration

https://www.youtube.com/watch?v=gzyChl5VawQ_

Threaders Demonstration

<https://www.youtube.com/watch?v=6etDxNo3F7M>



Method of use/ mode of action

Floss holder: use the floss holder to guide floss in a C shape by pushing or pulling. Unwrap the holder when moving to a new area, advance the floss, and rewrap. Wash the holder with warm water and soap, then store in a clean, dry environment. (Darby & Wash, 2014)

String floss: wrap it around your middle fingers, floss by creating pattern, wrapping tightly around each tooth below the gumline in a C shape, and finishing with a seesaw motion to remove the floss. (Darby & Wash, 2014)

Floss threaders: thread floss through threader, insert threader through interproximal spaces, pull threader, leaving only floss in space, remove threader, slide floss back and forth under the pontic. (Darby & Wash, 2014)



Where to purchase

Local grocery or drug stores, online retailers. Examples: CVS, Walmart, Amazon, etc