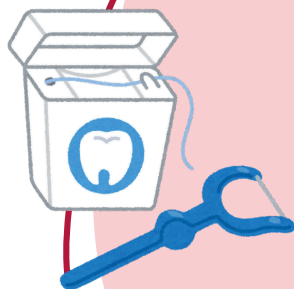




FLOSSING



PURPOSE + METHOD OF USE

Flossing removes biofilm and plaque from the interproximal spaces and shallow sulcus' where tooth brushing can't reach. Patients must snap the floss below the contact, and create a C shape around the tooth while moving the floss up and down to remove the contents.



This photo unknown author by Oral B

VIDEO DEMONSTRATION LINK

Dental Hygienist TEACHES How To Floss

[www.youtube.com > watch](https://www.youtube.com/watch)

[https://youtu.be/SttiQK7Mv9I?](https://youtu.be/SttiQK7Mv9I?si=m_jRYQ7H3NhcdJ5d)

[si=m_jRYQ7H3NhcdJ5d](https://youtu.be/gzyChl5VawQ?si=NYqteHzjhgbSPxiZ)

[https://youtu.be/gzyChl5VawQ?](https://youtu.be/gzyChl5VawQ?si=NYqteHzjhgbSPxiZ)

[si=NYqteHzjhgbSPxiZ](https://youtu.be/gzyChl5VawQ?si=NYqteHzjhgbSPxiZ)

PRODUCT & AVERAGE COST

Located at a convenience shop or pharmaceutical for OTC.

String Floss: \$2.99 - \$6.00

Floss Holders: \$7.99-12.99

Floss Threaders: \$2.89-\$7.39

Super Floss: \$3.97-\$6.00

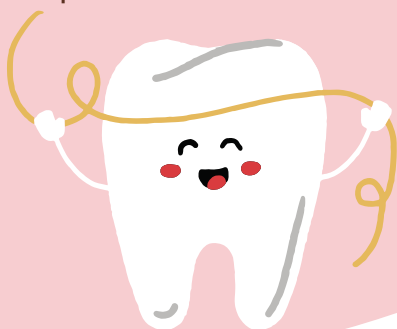


Photo by Unknown author by Cocofloss



Photo by Unknown author (floss holders).

LIMITATION OF USE

Should not replace regular dental cleanings. Do not snap down as this can damage the gums

Super floss: not ideal for people who have narrow gaps between teeth

Floss holder: limited access to posteriors or tight spaces

Floss threaders: takes time and skill.

Waxed floss: thicker so harder to fit in tighter gaps

Unwaxed floss: not particularly sturdy so strands can shred (Souza, 2019).

REFERENCES

Flossing: Information for Caregivers - National Institute Of ..., www.nidcr.nih.gov/sites/default/files/2019-09/flossing-info-for-caregivers_1.pdf. Accessed 24 Jan. 2025.

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