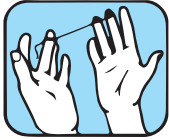


Help keep your gums healthy for life

Not only does cleaning between your teeth help your mouth to feel clean and fresh, but it can also brighten your smile by making your teeth look whiter too!

See our how to floss guide overleaf.



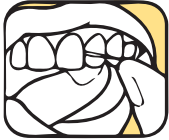
— Step 1

Take a long length of floss and wind each end around your middle fingers.



— Step 2

Wind the floss around the fingers until, when pulled tightly, the floss between each hand is around 3cm to 5cm long.



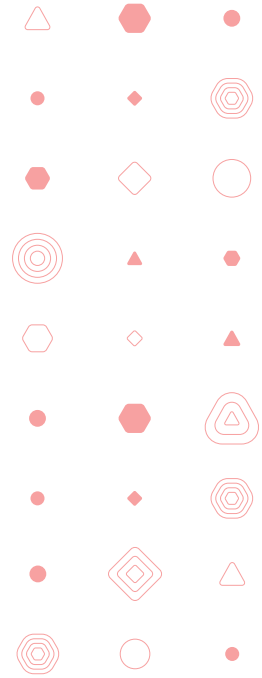
— Step 3

With the floss pulled tightly, slide it between two teeth. Guide it up and down against the surface of the teeth and below the gum line.



— Step 4

Continue this process around the mouth, moving methodically from one pair of teeth to the next.



Clean between your teeth

Choose a type of floss that suits you, and clean between your teeth at least once a day. This can be before or after brushing, in the morning or evening.