

flossing

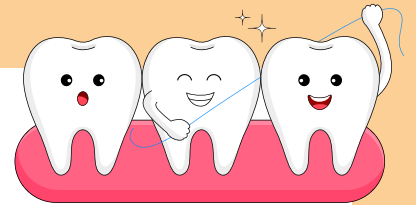


WHY FLOSS?



During pregnancy, hormonal changes can contribute to swelling and pain in your gums.

KEEP YOUR TEETH, GUMS, & BABY HEALTHY



Flossing removes bacteria and food that is trapped between your teeth where your tooth brush cannot reach.

SIMPLE TIPS



- Start with a piece of floss 12-18 inches long.
- Wrap the floss around your middle fingers leaving about 1.5 inches to hold between your thumb and index fingers.
- Use your thumb and index fingers to gently slide the floss between teeth.
- Be sure to move the floss up and down each tooth, don't "saw" the floss.
- Wrap the floss around each tooth and move into the gum-line where the food and bacteria are hiding.
- Flossers can be used if you find it difficult to handle the floss.

Your gums may bleed when you first start to floss. This should stop after a week. See a dental hygienist or dentist if your gums continue to bleed when you floss.

