

DO YOU FEEL IN A BIT OF A TANGLE OVER FLOSSING?

Often taken for granted, the monotonous task of brushing and flossing our teeth daily has never been more important in order to avoid gum disease and decay. Would you believe that it has been estimated that 75% of people have some form of gum disease, which in turn has been linked to other health complications and causes various dental problems that are often avoidable.

Caring for your teeth involves more than just brushing them. Regular flossing removes the bacteria and food from between the teeth and below the gumline that your toothbrush just cannot reach. If you can't handle floss, tiny inter-dental brushes are just as good.

Most dental professionals recommend that you floss a minimum of once a day.

How often do you floss your teeth?

It could make a big difference to the health of your teeth and gums.

Just as you wash between your toes, you should wash between your teeth.

The truth, not tooth fairies.

