

UNITED CONCORDIA® DENTAL  
Protecting More Than Just Your Smile®

**Hate to floss?**  
These options work just as well.



Toothbrushes can't get between teeth to remove plaque. Though string floss slips easily into tight spots, it can be hard to use. The good news? There are other effective choices.

**1. Proxy brush**

A proxy brush – or interdental brush – has a handle that holds a flexible head of bristles. Gently insert the brush between your teeth and move it back and forth.

**2. Water flosser**

Water flossers shoot a light stream of water that rinses between teeth. A water flosser can make it easier to clean braces and under dental work like bridges.

**3. Dental floss picks**

This tool has a U-shaped end loaded with floss and a toothpick on the other end. The handle helps you extend floss to scrub in between back teeth and molars.

**4. Air flossers**

Air flossers spray a quick burst of air and tiny water droplets that loosen plaque buildup. With some air flossers, you can add mouthwash to freshen your breath while you floss.

The most important thing is to find a method that works for you. And make flossing a habit – once a day will help keep your mouth healthy.

[Read why flossing is so important](#)

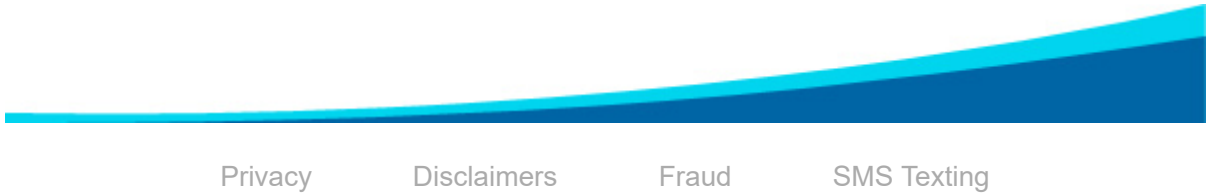
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