

FAMILY DENTISTRY

Edward J. Lacy Jr, D.D.S.

THE FLOSSING SEQUENCE

There is a reason dentists ask their patients at every visit if they floss their teeth. Flossing helps prevent gum disease and the sneaky cavities that form between teeth. And those who floss their teeth at all are already doing better than 70 percent of Americans. But it is possible you are making a pretty big mistake if you are flossing after you brush your teeth. Flossing releases food, plaque, and bacteria into the mouth, and if you have already brushed your teeth, all that is going to linger in your mouth until the next time you brush. Flossing first also makes brushing more effective by allowing toothpaste and bristles to reach areas that were blocked by food and plaque. If you prefer to brush then floss rinse vigorously to remove debris. A water flosser is a great adjunct to removing bacteria and debris between teeth and in Periodontal pockets.

If you are only going to floss once a day (twice is recommended) it is better to do so at night after you've finished eating for the day so that food does not sit between your teeth overnight.



Dr. Edward J. Lacy, Jr.

Happy
Springtime!!

Dr. Ed, Mindy, Will, Molly & Melinda

DrEdwardJLacyJr.com