

# THE BENEFITS OF FLOSSING YOUR TEETH



Dentists (who specialize in oral care and work with teeth daily) do recommend that flossing can make a big difference in your mouth and should be incorporated into your dental routine. Here are five favorable reasons why you shouldn't give up on flossing just yet.

## **1. Flossing can protect you from cavities.**

There are tight, hard to reach areas in the mouth that a toothbrush simply cannot access. By using floss where your brush can't reach, you are removing plaque buildup and protecting your teeth from potential cavities.

## **2. Flossing effectively removes food between teeth.**

Flossing is proven to be effective when removing debris from between teeth. Ever get a piece of food stuck in your teeth? There's a reason that you flossed right away – because it works.

## **3. Flossing helps keep your breath fresh.**

By loosening bits of food and removing bacteria, you are eliminating the odor that lives between your teeth. Flossing can remove the plaque around your teeth that a toothbrush generally cannot.

## **4. Flossing reduces inflammation.**

Puffy red gums can be the first sign of gingivitis, and it's well-known that inflammation is not good for your well-being. Gum inflammation has actually been linked to cardiovascular disease, so by reducing inflammation, you are also helping protect your overall health.

## **5. Flossing is easy.**

Flossing is simple and inexpensive. You don't have to purchase high-end, pricey tools and it doesn't take a lot of time. Think about it, you could have flossed your teeth just while reading this article.

## Does A Dental Condition Prevent You from Flossing?

Daily flossing is an important component of plaque removal, but it's one that many people avoid because they find flossing painful. But the right flossing products can make flossing easy and painless.

Many people think that standard dental floss is the only effective product for tooth flossing. But there are many products to meet the needs of people of all ages with any type of dental condition. If one of these conditions applies to you, consider some specialized flossing options:

- **You have sensitive gums.** If you have [sensitive teeth](#) and gums that bleed easily, choose a soft floss that slides easily and comfortably between the teeth.
- **You have braces.** If you wear [braces](#) or have dentures, that doesn't mean that you can't floss. Try a [specialized floss](#) that has a stiff end that you can thread beneath the main wire of your braces and a spongy component that slides easily between the teeth.
- **You have a child.** It's important to teach children the benefits of flossing at a young age. You can start teaching children to floss their teeth at about age 5-7 years, but many children are less than enthusiastic, and they may complain that flossing hurts or is difficult.
- **You have difficulty manipulating floss.** Try an electric flosser. An electric flosser is neat and easy, especially if you don't like reaching into the back of your mouth. And an electric flosser provides the right amount of pressure to leave your gums feeling pleasantly stimulated.