

Using TePe® Dental Floss

TePe® Dental Floss is an expanding floss made from recycled plastic bottles with vegetable wax and avocado oil coating. It is gentle and cleans efficiently between teeth. It is important to use and care for your TePe® Dental Floss properly—please read below for instructions and helpful tips.



5 Simple Steps to Using Your TePe® Dental Floss:

- 1. Dispense 18 inches of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger on the opposite hand. This finger will take up the floss as you move along.
- 2. Hold the floss tightly between your thumbs and index finger.
- 3. Insert the floss between two teeth in a horizontal back-and-forth movement until you feel that you are under the contact area.
- 4. Wrap the floss in a C shape against each tooth surface, holding it tightly against the tooth.
- 5. Move the floss in an up-and-down motion, following the shape of the tooth, to remove the plaque between the teeth. Use a fresh piece of floss to clean between each tooth.

Visit our website to learn more about TePe® Dental Floss



Tips or using your TePe® Dental Floss

- It is best to complete this in a systematic approach to ensure you don't miss any areas.
- Looking in a mirror can help confirm you are using the correct technique.
- Never snap the floss between the teeth.



