

## YOUR ORAL HEALTH

DENTAL FLOSSING: AN IMPORTANT ORAL HYGIENE HABIT



Floss

### FLOSS LIKE A BOSS IN 4 EASY STEPS

Flossing cleans and removes food stuck between your teeth, which reduces the bacteria and plaque in your mouth.



**The good oral hygiene habits that can make your teeth last a lifetime:**

Visit your dentist at least once a year for a dental check-up and preventative care

Brush your teeth every morning and every night

Floss every day to clean between your teeth

Brought to you by DENIS, your dental health partner of choice

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Dental Benefit Queries? Call 0860 10 49 33