

Oral Health – How to Floss

Block	Visuals	Script	Time
02	Oral health intro graphics "how to Floss"		
03	Picture - person flossing in mirror	Flossing is a critical part of caring for your smile, and most of us don't do it enough. That could be because we don't know the proper way to do it. Take a minute and follow these simple instructions.	
04	3d Animation - pull out 18 inches of floss Wind around middle finger	Take about 18 inches of floss and wind most of it around the middle finger of one hand. Take the rest and wind it around the other middle finger of the other hand.	
05	3d Animation - hold floss between thumbs and forefingers	Pinch the floss between your thumbs and forefingers, leaving 1" - 2" in between. Gently guide floss between two teeth by using a zig-zag motion. DO NOT SNAP floss between your teeth. If the floss is hard to get between your teeth, ask your dentist or hygienist about the variety of floss holders or interdental cleaning devices that are available.	
06	3d Animation - flossing	When the floss reaches the gum line, curve it into a C-shape around the side of the tooth.	
07	3d Animation - CU of where the floss is positioned on teeth	Slide floss up and down against the tooth surface and under the gumline.	
08	3d Animation - Flossing back teeth	Repeat for each tooth, including the backside of your molars. Floss each tooth thoroughly with a clean section of floss.	
09	TEXT on screen - " Floss every day"	Flossing everyday is one of the best ways to care for your smile.	
	www.TRCAREdentalprogram.com	Find out more! Visit TRICARE Dental Program dot com	