Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English:
(888) 275-8750

Español:
(866) 648-3537

TTY/TDD:
711

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

Floss Your Teeth

Dental Care

MOLINA HEALTHCARE
Your Extended Family.

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Your Extended Family.

Flossing your teeth every day will help keep your gums and teeth healthy.

Why do you need to **floss your teeth?**

Flossing your teeth removes bits of food that are stuck in places your toothbrush cannot reach. It also helps to remove plaque from your teeth.

What is **plaque?**

Bacteria forms plaque that coats your teeth. It can cause gum disease and tooth decay.

How often do you **need to floss?**

Floss once each day. You can floss before or after you brush your teeth.

How do you **floss correctly?**

Use about 18 inches of floss. Wrap it around your fingers to stretch it tightly. Run the floss around each tooth, gently going under the gum line. Slide the floss up and down on each side of each tooth.