

Second OH education lesson**Title: Appropriate steps of dental flossing****Objective:** To conclude, the participants will still know the correct steps of flossing.**Time:** 15 min**Method:** Demonstration**Process:**

- Ask nine volunteers for the number of steps.
- Cut steps of correct brushing and share with volunteers. One step for each volunteer.
- Explain that comes to lie in order that it considers proper.
- After they sat ask them to read each step in the order that they deemed correct.
- Correct talking to them right order and why.
- Formed after practice on the model correct order every step.
- Finally asked other volunteers to do all the steps.
- Conclude the importance of respecting each step.

Interdental cleaning surfaces of the teeth using dental floss:

Tear off 45 cm of dental floss (equal to the length of the forearm)

Dental floss is wound around the middle fingers of your left and right until the distance between the fingers is 2 cm

Active piece of string supports on mandible to the top index fingers

Active piece of string supports on jaw to the tip of the index finger and thumb inside outside jaw

It extends to a put voltage and carefully insert the contact between teeth, gums before pushing it into thread feels that it moves freely

Folds around each tooth and runs movements scraping surfaces to remove plaque between the teeth vertically

Repeat on each side of the interdental surfaces of every teeth

When you switch to another party using the following teeth flossing

After cleaning all the teeth thrown in the trash thread