

# Treatment and Symptoms for Dental Floss

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## Description

Dental floss is an essential tool for maintaining good oral hygiene. Flossing is the process of removing food particles and plaque that accumulate between teeth and gums. While brushing teeth twice a day is a crucial part of dental care, it cannot reach all the nooks and crannies between teeth where food particles can hide. Flossing can remove these particles and help prevent the development of dental problems such as cavities and gum disease. Dental floss has been in use for over 200 years. The first patent for a dental floss was granted in 1874 to Asahel M. Shurtleff, who created an early version of dental floss made of silk thread. This early dental floss was not widely used, as silk was expensive and difficult to produce. In the 1940s, nylon became widely available and was used to create the dental floss we know today. Nylon floss was cheaper and more durable than silk, making it easier for people to adopt flossing as a regular part of their dental routine.

## Classification of Dental Floss

Dental floss comes in a variety of types and styles, each with its own unique benefits.

**Nylon floss:** Nylon floss is the most commonly used type of dental floss. It is available in both waxed and un waxed varieties, making it suitable for all types of teeth and gums.

**PTEF floss:** PTFE floss, also known as “glide” floss, is made from a material similar to Teflon. It is designed to glide easily between teeth, making it a good choice for people with sensitive gums or tight spaces between teeth.

**Flavoured floss:** Flavoured floss comes in a variety of flavours, including mint, cinnamon, and even bubblegum. Flavoured floss can make flossing a more pleasant experience for those who do not enjoy the taste of regular dental floss.

**Waxed floss:** Waxed floss has a coating of wax that makes it easier to slide between teeth. It is a good choice for people with tight spaces between their teeth.

**Unwaxed floss:** Un waxed floss is a good choice for people with normal to wide spaces between their teeth. It is also a good choice for people who do not like the feel of waxed floss.

**Super floss:** Super floss is a type of floss that has a stiff end that can be used to thread the floss between teeth with braces or other dental appliances. The rest of the floss is soft and flexible, allowing it to clean between teeth and under the appliance.

## Benefits of Dental Floss

Dental flossing offers numerous benefits for maintaining good oral health.

**Prevents cavities:** Flossing removes food particles and plaque from between teeth where toothbrush bristles cannot reach. Removing these particles helps prevent the build-up of plaque, which can lead to tooth decay and cavities.

**Prevents gum disease:** Gum disease is caused by the build-up of plaque on teeth and gums. Flossing removes plaque and food particles that can cause gum disease, helping to prevent inflammation and infection.

**Freshens breath:** Flossing removes food particles that can cause bad breath. Removing these particles can help to freshen breath and improve overall oral hygiene.

**Improves appearance:** Flossing can remove stains and food particles from between teeth, improving the appearance of the smile. Flossing can also help prevent the build-up of tartar, which can cause teeth to appear yellow or discoloured. Flossing properly is important for getting the most benefit from dental floss.