



Waxed and Unwaxed Dental Floss

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INTRODUCTION

The benefits of flossing daily

Flossing cleans the gap between the teeth, reduces the growth of bacteria in the mouth and can prevent the occurrence of periodontal disease. Reducing the growth of bacteria: After cleaning the food residue between teeth with dental floss, which can reduce the growth of bacteria and prevent the production of bacteria such as dental plaque [1]. Unwaxed and waxed dental floss in the market, which option is the better for you?

What is waxed dental floss?

Waxed dental floss is made of nylon mostly. Waxed dental floss is just coated a layer wax on the surface. If explain detail, there are many kinds of waxed, including plant wax or animal wax and mixed wax.

DESCRIPTION

Types of waxed dental floss?

Except the above nylon floss, there are polyester/PTFE/UHMWPE/PLA/bamboo charcoal/silk and other materials. Surly, nylon floss also can be coated wax on surface. Actually, most of the floss can be coated on wax, natally called waxed floss [2].

What is unwaxed dental floss? What is made of unwaxed dental floss?

Unwaxed dental floss is made of nylon. But unwaxed floss can be made limited to nylon floss due to the production precess problem. So currently market unwaxed floss totally made of nylon.

Types of unwaxed dental floss

Waxed floss is more likely to be flavored than unwaxed floss [3]. So unwaxed floss can be divided into different types according to different flavors.

Unwaxed dental floss vs. waxed dental floss

Both waxed and wax-free dental floss are made of nylon. Waxed dental floss contains a thin layer of wax on its surface, which makes it a bit thicker than unwaxed dental floss, but it is easier to slide between teeth [4]. Waxed dental floss is more flavorful than unwaxed dental floss.

Waxed and unwaxed dental floss have different advantages. Because of the wax layer, waxed floss can provide a smooth flossing experience. Different flavors can help you keep your breath fresh after each flossing [5]. Patients with closely spaced teeth may find it easier to use wax floss due to its natural lubricating properties. Waxed dental floss is usually stronger than unwaxed dental floss, which means it will not break too much when using dental floss. On the other hand, unwaxed dental floss is thinner and more comfortable when moving in and out of the tooth [6]. It usually contains no artificial fragrances, which means that your mouth is exposed to fewer chemicals.

Why is unwaxed dental floss is so expensive?

The unwaxed raw nylon material has to be twist a roll without the wax. As you know, wax not only plays a smooth role, but also has the characteristics of stickiness [7]. Without wax, It is very hard to twist floss to floss bobbin/floss roll. And that, It will take extra cost to reach the aim. So it is more expensive then the waxed floss (Figure 1) [8].

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Figure 1: Waxed floss.

CONCLUSION

Unwaxed and waxed floss has the same effective to clean gum. It should be decide by yourself according to your using experience. Which one is more comfortable is better for you.

After dinner, it is better to eat dental floss after dinner. It can clean up the food residues eaten in a day and can ensure the health of the oral cavity to a certain extent and it will not cause tooth damage due to excessive use of dental floss, so it is relatively healthy and reasonable. However, you can delay cleaning for a certain period of time according to your own personal habits.

Before brushing, it is better to use dental floss to clean our teeth before going to bed. It can help us brush our teeth thoroughly. Because toothpaste contains fluoride, we floss our teeth first to help fluoride cover and penetrate our teeth. It has the effect of cleaning teeth with less effort.

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