

Truth or Dare...Do You Floss Well?

Now let's be honest with ourselves. We have all been to the dentist and had him/her tell us that we must clean between our teeth. We have been told about periodontitis, pyorrhea, gum disease and all of those other gross terms that mean your breath smells and your gums bleed. This makes you feel guilty about going to the dentist because you know the hygienist is going to lecture you.

Now the dare: Almost twenty years ago, when I began my practice, I enthusiastically and vigilantly instructed flossing to all my patients. Over time, I came to a remarkable decision...Only about three percent of my patients flossed well enough to control gum disease! This was setting up an adversarial relationship between the patient and me because the patient felt guilty having to admit that he/she hadn't flossed well. Even the patients, who thought they had flossed well, were not doing it properly. Dentists were admitting they were having continued inflammation in gum tissues, as national lecturers would say that it was normal to have some bleeding spots between the teeth.

At that time I dared myself to try something new and now I Dare You to try what has been very successful for me and my patients over the last twenty years. They are called precision interdental sticks. Depending on the space between your teeth, they can be anything from plastic sticks to what is called Stimudents. The stick that I have found to be the most universal is only made in one place in the world - Norway. It is a precision birch stick we call [Fluor-A-Dents](#). Through using these sticks, you can eliminate the need to floss, massage the gums to total health and do so most any place, any time, without having to be in the bathroom or figure out how to hold the ungamely string.

The dare is: try [Fluor-A-Dents](#) for 21 days straight. If you are like 95% of my patients, the difference will be remarkable and you will be hooked for life. Imagine a happy hygienist, fresh breath, no advancing gum disease, and greatly reduced cavities through cleaning the teeth and gums well between the tooth surfaces.