Why is flossing so important?



It decreases bad breath.

Over 500+ species of bacteria hangout in our mouth daily creating havoc & trashing our gums & teeth leading to bad breath.



It removes bad bacteria & food in between teeth.

Even the greatest toothbrush can only reach 65% of our teeth's surfaces. Flossing comes in handy for the other 35%.



It decreases the chance of gum disease.

If left alone, the bad bacteria in between our teeth will cause inflammation in the supporting structures of our teeth, bones, gums & ligaments (aka gum disease).

This summer, join our 21 Day Flossing. Challenge to become a floss boss for life!

Fill out our Flossing Tracker on the back and build a healthy new habit today.





You are a BOSS if you FLOSS

21 Day Flossing Tracker

WK 1 ______

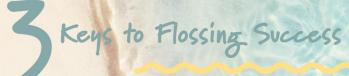
WK 2

WK 3 | | | | | | | | |

Follow us to WIN BIG!



Follow us on Insta & FB @arborhillsdentistry for your chance to be entered to WIN A 90-DAY SUPPLY OF COCOFLOSS®





SET A REMINDER on your phone.



MARK YOUR PROGRESS on the Flossing Tracker.



PICK UP A FREE COCOFLOSS® SAMPLE FROM US AT CHECKOUT. With 500+ scrubby heads, Cocofloss® is designed to grab more plaque, has gum soothing coconut oil, and is free of toxins, including PFAS!









