

## Is flossing your Teeth Important?

Since you are unable to reach all of the bacteria and plaque with your toothbrush alone, flossing is instrumental in a good dental routine. For instance, a toothbrush only covers approximately 2/3 of the surface area of your tooth; therefore, if you don't floss, you are missing more than 1/3 of your tooth surface and it is easy for plaque buildup to start. The main cause of gum disease is plaque. Within 24 to 36 hours, plaque hardens and tartar is formed. Tartar is only able to be removed by professional cleaning. If you get into the wise habit of flossing at least once a day, the plaque will have less chance to harden into tartar or cause tooth decay.