

FLOSSING

Canadian Dental Hygienists Association Position Statement

Based on current research, dental hygienists are strongly encouraged to make recommendations to clients supporting mechanical interdental cleansing as an adjunct to toothbrushing in order to control plaque accumulation and to prevent and/or control periodontal diseases. While studies have shown it is difficult to stimulate change in patients' oral health care behaviours, others have shown that it can be influenced and provoked. Dental hygienists should be aware of possible personal biases toward flossing, particularly manual finger flossing and specific floss types, and preferably make interproximal cleansing recommendations based on clients' oral conditions, preferences, and abilities.