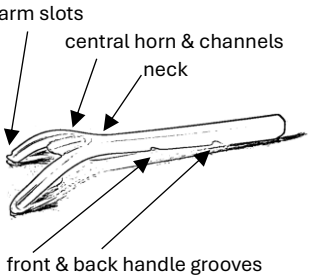
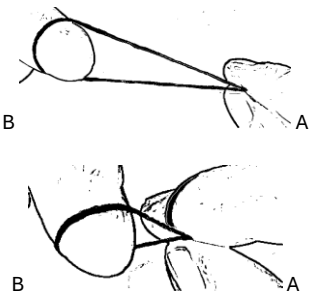
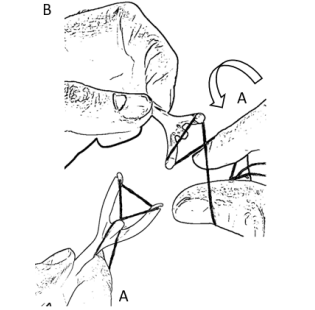
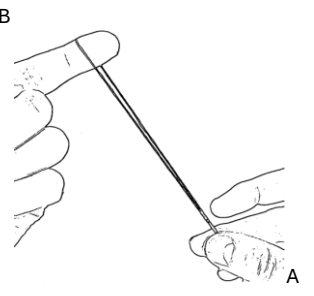
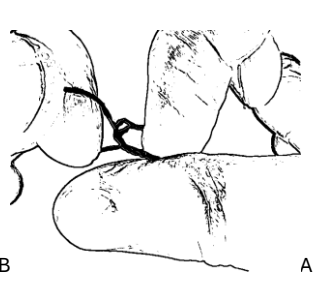
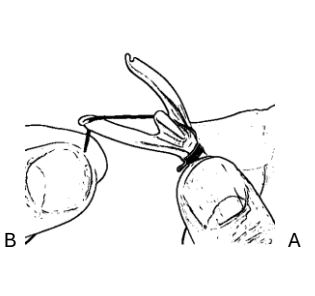
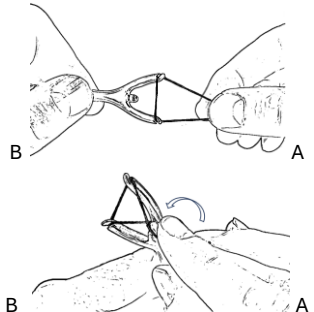
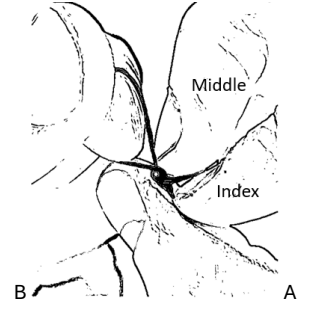
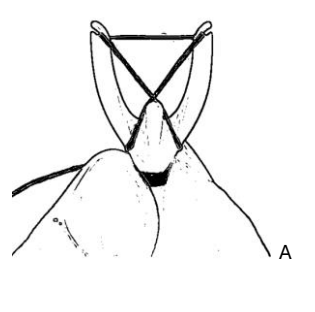
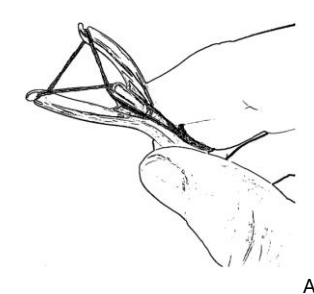
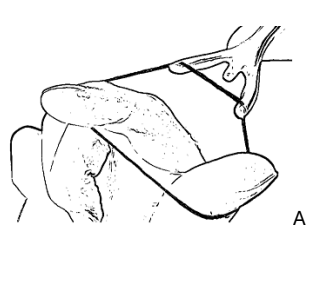


<p>INSTRUCTIONS: KEY</p> <ul style="list-style-type: none"> • use any brand of floss; prefer biodegradable • wash before each use • hand A below is hand you will hold friendly floss when in use • wrapping <u>middle</u> finger, not index finger, leaves index finger to better control the floss • use with care; do not bang against teeth 		<p>ADVANCED WAY</p> <p><i>First make the loop:</i></p> <p>2a Cut 20cm floss. Fold in half and pinch the two ends between thumb and index finger of hand A and put finger from hand B in the large loop*.</p> <p>Now wind the floss <u>loosely</u> around hand A's index finger <u>once</u>.</p>		<p>2e Turn hand A so fingers now point <u>down</u> and so the loop crosses over and sits <u>under</u> the central horn.</p> <p>Remove thumb from loop and hold friendly floss in hand A.</p> <p>Ready to use.</p> <p>>During use, rotate floss by putting finger on central horn and pulling one side of the loop.</p>	
<p>BASIC WAY</p> <p>1a Cut 30-40cm floss. Pinch the two ends of the floss between thumb and <u>middle</u> finger of hand A, put a finger from hand B in the large loop created, pull tight and wind around finger of hand A <u>two-to-three</u> times to create a much smaller loop (about the size of a bottle top).</p>		<p>2b Roll the floss back and forth between hand A's thumb and index finger to create a twisted 'rope' of floss and roll this 'rope' off A's index finger.</p> <p><i>*flat/slippery floss can be difficult to roll, if so before you wind; wet fingers and spin hand B's finger which twists floss</i></p>		<p>A THIRD WAY</p> <p>3a Cut 30cm floss. Wrap one end of floss around handle <u>two</u> times near neck or in front handle groove. Guide floss up over neck, <u>under</u> central horn, diagonally across into arm slot (shown), then across up through other arm slot, diagonally back under central horn.</p>	
<p>1b With thumb of hand A facing <u>up</u>, Hold friendly floss in hand B, put arms curving <u>up</u> into this loop and pull away, keeping floss tight until floss snags into arm slots.</p> <p>Now twist hand A's index finger, placing it on central horn so floss crosses under the central horn.</p>		<p>2c Grab the 'rope' with hand A's middle finger and pull down, creating a strong knot.</p> <p>You now have a floss loop.</p>		<p>3b Guide floss back to neck or front handle groove, wrap floss again twice and pinch to hold floss in place (shown).</p> <p>Ready to use.</p> <p>>If floss loosens during use just pull on floss end to tighten</p>	
<p>1c Hold friendly floss in hand A, pull back middle finger to increase tension. Ready to use.</p> <p>>Before use, to lengthen / shorten loop; unwind / wind one side of floss.</p> <p>>During use, to rotate floss; detach from tool, unwind one side of floss on finger, wind other and reattach.</p>		<p><i>Now load the loop:</i></p> <p>2d Hold pre-made floss loop over thumb and index finger of hand A (or thumb and middle finger if prefer a larger loop) with fingers pointing <u>up</u>.</p> <p>Hold friendly floss in hand B, put arms curving <u>up</u> into this loop on side <u>away</u> from you and snag floss into arm slots (shown).</p>		<p>TIPS</p> <ol style="list-style-type: none"> 1) for best control wrap middle finger not index 2) for both basic and advance way, control floss tension with finger – tight through contact points, loose to hug your teeth into gums 3) use with care; do not bang against teeth 	<ol style="list-style-type: none"> 4) biodegradable floss can fray so our advanced way of making a floss loop allows you to rotate the loop during use 5) floss 'up and down' into gums 6) to get in between tight teeth use your second to help 'saw' left and right – but once in between floss 'up and down' not sawing 7) for our wildlife, after use cut or break the loop before disposing