Dental professionals are recommending round flossing tools to reduce the plaque buildup from the teeth and gums. The CDC has examined the benefits of flossing, and the American Dental Association and the American Heart Association support the claim that flossing is necessary to prevent plaque buildup and gum disease.

Flossing is recommended to remove plaque from between the teeth, where toothbrushing cannot reach. It removes food particles and bacteria that can cause the gums to pull away from the teeth and result in bone loss, known as periodontal disease.

Flossing involves sliding a piece of floss between the teeth to create a barrier to keep food particles from lodging in the crevices. This helps prevent infections and the formation of gum disease.

To floss, twist a small piece of floss between the teeth, creating a "C" shape around the tooth to remove plaque. Use a gentle sawing motion to move the floss under the gum line, and then pull the floss out to remove the plaque.

Although flossing is a simple and effective method, it may not be as effective as other methods, such as interdental brushes or water flossers. Interdental brushes are specially designed tools that are shaped to fit between the teeth, while water flossers use a stream of water to remove plaque and bacteria.

Flossing is recommended for people of all ages, but children may need help from an adult to perform it correctly. It is a necessary part of oral hygiene and should be done at least once a day.