

DR. NEFF'S BLOG

NOVEMBER 2023

NATIONAL DENTAL FLOSS DAY!

Did you know National Dental Floss Day is celebrated each year on Friday, November 24th?

To celebrate the holiday, we've outlined a brief history of Dental Floss below, and highlighted a few tips on how you can best celebrate this holiday everyday, because flossing is an essential part of your dental health!



IMPORTANT INFO

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A BRIEF HISTORY OF DENTAL FLOSS

In 1815, Dr. Levi Spear Parmly, an American Dentist, introduced waxen silk thread as floss. In 1819, he publishes *The Book of Flossing*, which recommends patients brush their teeth twice a day, and floss daily. During WW11, the cost of silk skyrocketed, and as a result, Johnson & Johnson introduced nylon dental floss, which is still widely used today.

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TIPS & TRICKS

- Floss everyday! It's important to include flossing in your daily dental routine. Try to floss for 2-3 minutes every evening.
- Regular dental visits are an important part of your overall and dental health! Dr. Neff recommends at least one annual checkup. Schedule your next appointment with Dr. Neff today!



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