



## Flosstime automated floss dispenser

Colleen Olson, RDH, BBA

I have to admit: when I opened the Flosstime box, I thought to myself, “Can another gadget really help people remember to floss?” After a week of using it, my answer is, “Yes, it certainly can!”

The Flosstime Automated Floss Dispenser is a unique product that helps users build a daily flossing habit. This dispenser uses the three Rs of habit forming—reminder, routine, and reward—to encourage flossing every 24 hours.

It uses a preloaded floss cartridge to deliver 18 inches of floss when the circular device button is pushed. The illuminated outer ring of the device will light up for 22 seconds in each quadrant as the user flosses. A

blue smile on the lower quadrants of the dispenser appears once flossing is complete. After 22 hours of inactivity, an orange frown appears on the upper quadrants reminding the user that it is time to floss again.

One useful feature of this dispenser is the dual-user mode. This mode turns the center button into two separate buttons to track the flossing habits of two different users. The dispenser can be mounted on a bathroom mirror or wall for easy visibility and access. This feature caught my attention and kept the device from getting lost in the clutter on the bathroom counter.

Premium polytetrafluorethylene

(PTFE) floss is included in the dispenser. It glides seamlessly between the teeth and is not likely to shred in tight interproximal contacts. The product kit also comes with a reusable floss pick that can be used by patients with dexterity issues or in hard-to-reach posterior interproximal contacts. The Flosstime website indicates different floss options may be available soon.

One other cool feature of this product is the Smile Club subscription that is available to replace your floss cartridges. Subscription services are the way to go these days—the more things I can get delivered to my door without thinking, the easier

my life is. The user can set the frequency of deliveries and never worry about running out of floss.

I was skeptical of this product at first, but after using it, I can see how it would help patients who are having a hard time building the habit of flossing into their daily routines. Some people need a visual reminder, and this product provides just that. I would recommend this product to patients who truly want to get better about flossing each day but are having a hard time developing the habit.