Deploying a Flask application on Docker involves several steps:  
  
1. Create a Dockerfile  
2. Build the image  
3. Run the container  
4. Expose the port for external access  
  
Here's an example of how to do it:

### **1. Create a Dockerfile**

Create a new file named `Dockerfile` in the root directory of your Flask application:  
```dockerfile

# **Use an official Python image as a base**

FROM python:3.9-slim

# **Set the working directory to /app**

WORKDIR /app

# **Copy the requirements file**

COPY requirements.txt .

# **Install the dependencies**

RUN pip install --no-cache-dir -r requirements.txt

# **Copy the application code**

COPY . .

# **Expose port 5000 for external access**

EXPOSE 5000

# **Run command when the container starts**

CMD ["python", "app.py"]  
```  
This Dockerfile does the following:  
  
\* Uses an official Python 3.9 image as a base.  
\* Sets the working directory to `/app`.  
\* Installs the dependencies specified in `requirements.txt` using `pip`.  
\* Copies the Flask application code into the container.  
\* Exposes port 5000 for external access.  
\* Specifies the command to run when the container starts.

### **2. Build the image**

Open a terminal and navigate to the directory containing your Dockerfile:  
```bash  
docker build -t my-flask-app .  
```  
This command builds an image with the name `my-flask-app` using the instructions in the Dockerfile.

### **3. Run the container**

Once the image is built, you can run a container from it:  
```bash  
docker run -p 5000:5000 my-flask-app  
```  
The `-p 5000:5000` option maps port 5000 on your local machine to port 5000 inside the container. This allows you to access your Flask application at `http://localhost:5000`.

### **4. Expose port for external access**

If you want to expose the port to the outside world, you'll need to use a Docker Compose file or create a separate Docker service that exposes the port.  
  
Here's an example of how to do it with Docker Compose:  
```yml  
version: '3'  
services:  
 flask-app:  
 build: .  
 ports:  
 - "5000:5000"  
```  
This Docker Compose file builds the image using the instructions in the `Dockerfile` and exposes port 5000 to the outside world.  
  
You can then run the container using:  
```bash  
docker-compose up  
```  
The Flask application will be available at `http://localhost:5000`.  
  
Note: You'll also need to install Docker Compose on your machine before you can use it.