

3 Oral Health Items to Add to Your Spring Cleaning Checklist

Assess your toothbrush storage.

Don't keep them too close to the toilet or in an airtight container.



Replace toothbrushes.

Toss them if they are 3-4 months old or if bristles look frayed and worn.

Check expiration dates.

Toothpaste, mouthwash and floss won't work as well after they expire.



Visit deltadentalri.com today for more dental health tips.