

# 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.



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