



Spring Cleaning Month

Spring has sprung and it's time for an all-over cleaning. Aside from scheduling your mid-year dental cleaning, it's also a good time to check those oral health products stored in your bathroom to keep your smile fresh and clean during the spring season.

- Did you know that toothpaste, mouthwash and floss all have expiration dates? Although using these products after they've expired won't cause any damage, the active ingredients that fight decay and cavities won't work as well.
- It's best to replace toothbrushes (electric and regular) after three or four months, or if the bristles look worn out and frayed.
- Storing your toothbrush in an open holder away from other toothbrushes and the toilet is the best way to keep your toothbrush out of bacteria's way.
- Use old toothbrushes for cleaning tile grout, removing debris from the soles of shoes and even cleaning computer keyboards.

Learn more oral health tips at altusdental.com.