

# Spring Clean your Oral Health Routine

## Dental Health

Could your dental health use a little sprucing up? This year consider spring cleaning your oral health routine to keep your oral health in check and to get the most out of your healthy, vibrant smile.

**Here are a few tips to prioritise and spring clean your oral health habits this season.**

### 1. Replace Old & Worn Toothbrushes

Spring is a great reminder to change out your toothbrush or electric toothbrush head. Were you exposed to the flu this past winter season? Time to refresh your toothbrush! Viral and bacterial infections thrive among the bristles and can reinfect you from being in close contact to your gums and teeth.

Make sure you replace your toothbrush throughout the year, not only when you're sick! It's recommended to replace your toothbrush every three months. Keep your smile healthy and safe from bacteria by storing your toothbrushes upright to air dry faster after use, and rinse thoroughly.

### 2. Commit to Flossing

Do you find it challenging to commit to flossing and remember to floss every day? Consider trying new types of dental floss to ensure healthy gums and mix up your flossing schedule. Waxed and unwaxed floss are commonly used options that make it easier to glide between teeth.

Floss picks are a great option if you have difficulty opening your mouth wide enough while using the traditional floss. These picks are great for when you're on the go and allows you for more precision and control.

### 3. Book a Dentist Appointment

Seeing your dentist regularly will help to spot any problems at an earlier stage and will ensure your oral health is in the best possible shape. Ask your dentist for further assistance and guidance when looking to secure healthy oral habits in your routine.



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