

Guide to Using Disclosing Tablets

Plaque is sticky, colourless and hard to see. Plaque-disclosing tablets help identify areas of your teeth that you've missed after cleaning your teeth. These tablets contain a harmless dye that reacts with the plaque that can remain on your teeth after cleaning. When you see the dyed areas, you can identify the trouble spots to focus on when you brush and floss.

1. Brush and floss your teeth as usual.
2. Chew a tablet and let it mix with the saliva in your mouth.
3. Swish the saliva around for about 30 seconds and spit it out.
4. Look in the mirror - any pink areas show where you have missed, and plaque is still on the tooth!
5. Now brush and floss your teeth again to remove all the pink-dyed plaque.