

### How to use disclosing tablets

**Disclosing plaque on your teeth is an effective way of improving your tooth brushing.**

- First brush your teeth
- Rub some lip salve or Vaseline onto your lips and around the corners of your mouth (to prevent staining)
- Chew either a half or one whole tablet thoroughly, swish the saliva around in your mouth, then run your tongue over all of the surfaces of your teeth both inside and out
- Spit out the saliva gently and carefully to stop splatter (dye may stain basins and clothing)
- Swish and rinse your mouth out once with water – again spit gently
- Some tablets are two tone and older plaque that has been there for more than 12 hours will appear blue, newer plaque will be pink. Other tablets just stain plaque pink/red



- Look in the mirror to see how well you have brushed
- Staining shows the areas on the teeth that you missed when you brushed
- Brush your teeth again to remove all of the plaque and staining – your tongue will remain blue/pink for a while afterwards
- Repeat again in a few days to see if your brushing has improved

Disclosing tablets can be bought from most chemists, online and at the Dental Access Clinics in Exeter and Barnstaple. They contain vegetable dyes.