

Dental plaque (the dirt which accumulates on the teeth) is tooth-coloured and is not easily seen.

Disclosing tablets are used to stain the plaque bright pink – you can then see clearly and check the quality of your brushing.

Follow these instructions:

1. Chew the tablet into tiny pieces (do not swallow).
2. Push the pieces around your teeth with your tongue.
3. When all the surfaces have been covered, rinse out with water.
4. Look carefully at your teeth and note where the plaque has accumulated.
5. Brush thoroughly and check them again.

HAPPY BRUSHING!

Further supplies of disclosing tablets and a range of toothbrushes, at reduced prices, are available from this practice – please ask at reception.