



How to instructions

Using plaque disclosing tablets and gels



If you are told by your dentist that you or your children need to improve the thoroughness of your brushing it can be useful to get more guidance. While plaque might feel furry or fuzzy to the tongue, it is often hard to visualise. Plaque disclosing dye will bind to plaque, colouring it so it is easy to see. These chewable tablets, or drops can be used before you clean your teeth as a guide. Additionally you can use them after brushing to check how well you have done. We don't expect you or your kids to need these routinely, but they can help to develop good cleaning skills and habits.

1. Place tablet in mouth
2. Chew and spread around mouth for 30 seconds, spitting out excess
3. Areas of plaque build up will stain purple and be easily identified
4. Brush these areas clean with your recommended toothbrush and toothpaste until all purple dye is removed.

Read more about how best to use a [manual](#) or [electric](#) toothbrush effectively.