

## How to use disclosing tablets

Disclosing tablets help you to improve your brushing technique.

The colour of the tablet attaches to plaque in your mouth and indicates areas you need to concentrate more on when brushing your teeth.

You can use disclosing tablets BEFORE brushing to help show where you need to brush, or if you think your brushing technique is good use the tablet AFTER brushing, any colouration will indicate where you need to pay close attention too (remember to always brush your teeth after using a disclosing tablet!)

**Step 1:** Ensure you are not in a rush! Make sure you have enough time to use the tablet and brush carefully – your whole mouth will colour!

**Step 2:** Put Vaseline or lip balm on your lips. This makes it easier to remove any colour that touches your lip



**Step 3:** Chew the tablet and ensure it gets all around your mouth touching all over your teeth



**Step 4:** Your teeth will now be the colour of the tablet. Any area of dark staining indicates a high level of plaque, you must concentrate on these areas when brushing

**Step 5:** Brush your teeth!! Keep brushing until your teeth are back to their original colour!