



PATIENT INFORMATION: DISCLOSING TABLETS

Tooth Decay is caused by sugar and dental plaque.

Gum Disease is caused by dental plaque.

Disclosing Tablets Aid Oral Hygiene

The blue/pink dye in disclosing tablets colours dental plaque (bacteria) on your teeth so that you can see it and therefore remove it more effectively. This dye is a harmless food dye, Erythrosine.

1. Apply Vaseline to your lips before using the disclosing tablet. This will prevent your lips becoming stained. Thoroughly chew and dissolve one tablet in your mouth.
2. Swish the solution around in your mouth for one minute. Lick your tongue over your teeth.
3. Spit out gently. Wipe your lips with a tissue.
4. Look in your mouth for blue/pink stains on your teeth. You will find using a disposable dental mirror helpful.
5. Brush your teeth using the method you have been taught by your dentist/hygienist.
6. Check that all the pink/blue stains have been removed. You may have to use dental floss to remove the plaque from between the teeth. Use the dental mirror again.
7. Use the disclosing tablets occasionally to monitor your tooth-brushing technique and to keep your oral hygiene at a very high standard.

For further information or advice on oral hygiene, ask your dentist or dental hygienist.

REMEMBER TO BRUSH YOUR TEETH THOROUGHLY TWICE A DAY.

