



Top Tips:

**Brush twice a day
with fluoride
toothpaste
(pea size)**

**Spit out bubbles
DON'T RINSE**

**Keep sugary
food & drinks
to mealtimes
(not for snacks)**

**Use sugar free
medicines
(check labels)**

How to use plaque disclosing tablets:

- **Brush your teeth thoroughly** for 2 minutes (all areas).
- **Bite on purple tablet** to crunch it up & release the dye.
- **Swish it around** your mouth with your tongue.



- Very carefully **spit it down the plug hole**.
- **Rinse** with water to get rid of extra purple.
- Use your **mouth mirror** to check for missed bits.
- **Brush off any colour** before **checking with tongue** to feel all smooth and shiny like glass.

KEEP SMILING



Awesome Oral Health CIC

Reaching out beyond the Dental Practice

www.awesome-oral-health.com