



Plaque Disclosing Tablet Instructions



How to use

Plaque Disclosing Tablets:

- **Brush your teeth thoroughly** for 2 minutes (all areas).
- **Bite on purple tablet** to crunch it up and 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.



Top Tips for Healthy Teeth:

Visit a dentist regularly

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



keep smiling