

# Plaque disclosing tablet instructions

Plaque contains bacteria that is harmful to your teeth and gums. Disclosing tablets will help make dental plaque visible so you can remove it.

1. Rinse mouth with water or mouthwash.
2. Chew one tablet. Swish around for 30 seconds. Do not swallow! Expectorate (spit it out).
3. Rinse with water. The red colour remaining on the teeth indicates areas over looked in brushing that may contain harmful dental plaque.
4. Thoroughly remove the dark red colour by brushing and flossing.