

## Disclosing Tablets

### What Are Disclosing Tablets?

Disclosing tablets contain harmless red vegetable dye that reveals plaque left on your teeth by turning it red temporarily. By using these special chewable tablets after you brush and floss, you can see the areas that you're missing.



### What is plaque?

Plaque, the sticky film of food and bacteria that's constantly forming on your teeth, is the main cause of tooth decay and periodontal disease. If it's not removed, plaque builds up and mineralizes to become rock-hard tartar in as little as twenty-four hours. There's no way you can remove tartar at home, because a toothbrush and floss won't even budge it. Tartar can only be removed by a dental professional, using special techniques and instruments.

### How do you use disclosing tablets?

After brushing and flossing, simply chew a disclosing tablet, swish it around in your mouth for about a minute, and then rinse with water. Check in the mirror to see the areas you have missed. Brush and floss these areas again to be confident that your teeth are free from harmful plaque.

### Disclosing tablets help improve your brushing pattern and technique

Without even realising it, you may be regularly missing certain parts of your teeth when you brush and floss; disclosing tablets can help you identify these neglected areas. For example, many of our patients don't brush their back teeth, the back sides of their teeth, or the area next to the gumline as thoroughly as they should. Using disclosing tablets for a few days will show you if you routinely miss any areas. When you know where these areas are, you can spend a bit more time brushing and flossing them, and soon, it will be part of your regular dental hygiene routine. Disclosing tablets are a great motivator for kids – they're fun and can be turned into a competition of who cleans their teeth the best!

### Where can I buy disclosing tablets?

We sell disclosing tablets here at Woodford Dental Care. You can also find them in a large Boots and some supermarkets.