



DISCLOSING TABLETS



Your child received *Disclosing Tablets* today during their dental education discussion. These tablets are used to show where *plaque* (an invisible, sticky film of bacteria) is located on the teeth.

Directions:

1. Rinse mouth with water or mouthwash
2. Chew one tablet. Swish around for 30 seconds. Do not swallow. EXPECTORATE.
3. Rinse with water. Red areas indicate plaque.
4. Thoroughly remove the dark red color by brushing and flossing. Red will disappear from tongue and mouth tissue slowly after use.
5. Use periodically to monitor plaque removal.