

# How to use your disclosing tablets

## Information for patients

1. Take disclosing tablet out of plastic wrapper.
2. Place tablet in your mouth and crush between your back teeth. Do not swallow. Use your tongue to coat all your teeth with it. Keep in the mouth for 1 minute.
3. Make sure that all teeth and gums are covered with colour.
4. Spit out and rinse mouth gently to remove extra colour.
5. Look in a mirror and check teeth to see where colour has remained - this is where the **PLAQUE** is on the teeth.
6. Brush teeth thoroughly to remove coloured plaque.

PTO



7. Rinse again.
8. Check teeth to see that **NO** coloured plaque remains. If there is still any plaque on your teeth, then brush again until it is removed.



**What did you think of your care?**

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

***Your views matter***



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