

Disclosing Tablets



Stained plaque before brushing



Remaining plaque after brushing



Check backs of teeth

Disclosing tablets are made up of a harmless vegetable dye that stains plaque red, making plaque easier to find.

Why should I use disclosing tablets?

Disclosing tablets can work to prevent cavities and periodontal disease by helping you see the plaque on your teeth. The main cause of cavities and periodontal disease is the accumulation of plaque, which is the sticky film of food and bacteria that forms constantly on your teeth.

You must remove all of the plaque each day, or it builds up and mineralizes to become tartar, which is also called calculus. It takes professional help to remove tartar. There's no way for you to remove it at home. A toothbrush or floss won't even budge it. That's why it's important that you find and remove all the plaque.

It's normally hard to see plaque, but the dye in disclosing tablets makes it much easier. This will help you remove the plaque before it hardens to become tartar, and before it can cause cavities and periodontal disease.

How to use disclosing tablets

To use disclosing tablets, first brush and floss. Then simply chew a disclosing tablet, swish it around your mouth, and rinse with water.

Using a small dental mirror, check your teeth for any signs of red, especially near the gumline. Brush and floss these missed areas again until the red is gone, and you can be confident that your teeth are plaque-free.