

Disclosing Tablets

Plaque detective

Using disclosing tablets is a good way to find the plaque that is left on your teeth after brushing and flossing.

Disclosing tablets are made with a harmless vegetable dye that stains plaque red.



Dye shows plaque build-up before brushing



Plaque remaining after brushing



Tartar stained blue



Disclosing tablets

Why use disclosing tablets

Disclosing tablets can work to prevent cavities and periodontal disease by helping you see the plaque on your teeth. Plaque is a sticky film of food and bacteria that constantly forms on your teeth. Because plaque is colorless, it can be hard to see. You can see how it shows up after the disclosing tablet stained it with red dye.

If plaque is not removed every day, it builds up and hardens to become tartar, which is stained blue in the bottom image. It takes professional help to remove tartar. There is no way for you to remove tartar at home. A toothbrush or floss will not budge it.

It is important to keep your teeth and gums free of plaque and tartar because they are the main cause of tooth decay, gingivitis and periodontal disease. That is why it is important that you find and remove all the plaque at home every day.

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.

Use a small dental mirror to check your teeth for any signs of red, especially near the gumline. Brush and floss these missed areas again until the red is gone.

Using disclosing tablets, you can improve your homecare technique and keep your smile healthy.