

HOW TO USE YOUR DISCLOSING TABLETS

The pack of small purple tablets in your 'Fixed Brace' pack are called 'disclosing tablets'. They are made from food colouring and is designed to stain any plaque left on the teeth after brushing.

To use: brush your teeth as instructed. Chew one tablet and lick all around your teeth with your tongue so that all surfaces are coated. Rinse out once to remove any bits.

Any plaque that was not brushed away will be stained Red (look carefully at the area where the gums and teeth meet).

Rebrush your teeth to remove the remaining plaque.

The disclosing tablets should be used once a week unless advised otherwise.