



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# How to Use Disclosing Tablets

**To see how well you are brushing your teeth, try this simple 5 minute test.**

## Brush your teeth without toothpaste.

Crunch one tablet between your teeth, chewing well. Swish all around your teeth. **DO NOT SWALLOW!** Carefully spit into a cup or sink. (This dye will stain clothes and other objects). Rinse with a small amount of water.

Look at your teeth in a mirror. Some tablets will stain all plaque red. Two tone tablets will stain old plaque blue and new plaque red. Look for red or blue stain along the gum line, between teeth or on the chewing surfaces. Red or blue areas mean you have not brushed these areas well.

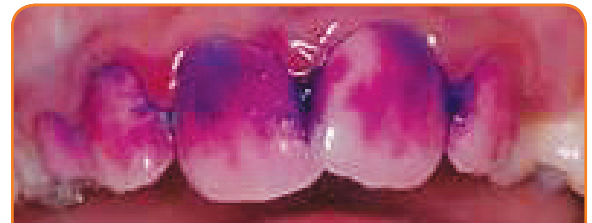
Now brush again using toothpaste. Use floss to remove the stained plaque between your teeth. If your gums bleed it means you need to brush carefully every day to remove plaque.



Before Disclosing



After Disclosing



Tablets staining plaque blue and red



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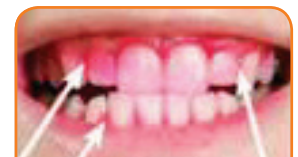
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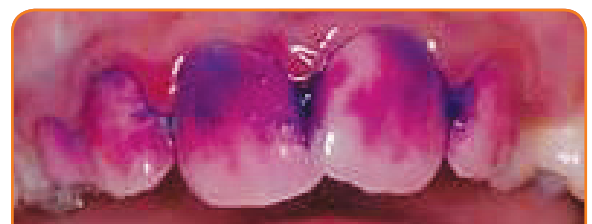
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