

Plaque Disclosing Tablets

Dental plaque is made up of bacteria that are clever enough to camouflage themselves white, and it's difficult to see them on your teeth. If you don't brush your teeth for a week then the colonies get thick enough that they feel like creamy film sliming on your teeth and gums – that's why I like to also call the germs white slime. They live on your gums as well.

To help you brush your teeth better, scientists have created a food colouring tablet that sticks to the dental plaque and makes it much easier to see.

So when you look in the mirror remember you have to brush your gums as well. Don't worry about over brushing your gums – just go gently until there is no red colour left. You have to see where the red colour is then brush, then check again, then brush until you find an easy way to remove them. I am always there to help you if you need.

So, using these tablets at home becomes your target practice. This helps you to take care of yourself and you can teach yourself rather than me simply telling you what to do. I call this self-empowerment and autonomy and it's the cheapest insurance you can get.

Remember to wear old clothes because they can get red colouring stains on them. Your lips and tongue will go red but that should disappear by the morning.



How to use plaque disclosing tablets:

1. Chew one tablet up completely, your saliva becomes the paint, then lick all surfaces of your teeth.
2. Spit out gently and clean the sink.
3. Examine teeth in good light. Plaque will stain bright red on the teeth and gums.
4. Brush thoroughly to remove stained areas.
5. Use every night for a week, then once a week for a month, then once a month until the next check up.
6. Or once a week for a month then the fifth tablet a month later.
7. Or once a fortnight then the fifth tablet two months later.

