



# Are your teeth really clean?

Plaque, an almost invisible film of bacteria (germs) forms daily on everyone's teeth. If it is not cleaned off thoroughly it can cause tooth decay and gum diseases.



Before Disclosing



After Disclosing



Clean Teeth

## Why use a disclosing dye?

A disclosing dye stains the plaque on your teeth and if plaque has been left on teeth for longer than 3 days it will stain a darker colour. The staining makes it easy to see if you have missed any areas and can help improve your tooth-brushing.

Disclosing dyes (a vegetable dye) are available as a tablet from a dental practitioner or pharmacy. Read the instructions and use as directed.

## Do disclosing dyes stain other things?

The dye will temporarily stain your gums and the inside of your mouth, but the colour will completely disappear within a few hours. Because the dye can also stain clothing it is best that children use disclosing dyes under supervision.

## Steps to Disclose:

1. Brush teeth.
2. To prevent staining; cover lips lightly with petroleum jelly, lip balm or vegetable oil.
3. Chew the disclosing tablet thoroughly until dissolved.
4. 'Swish' the dissolved tablet around your mouth until all the teeth are coated.
5. Spit out and rinse two or three times to remove the excess disclosing dye.
6. Carefully examine all surfaces of all teeth to identify your "missed" area.
7. Brush again, check that plaque has been removed.
8. Use a disclosing dye to spot check your cleaning.

## For further information please discuss with your dental practitioner

### Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



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