

Plaque Disclosing Test

Dental plaque, a bacterial layer, is linked to gum inflammation and cavities. The plaque disclosing test can help identify the presence and location of dental plaque in your mouth. Plaque stains pink and can be removed by brushing. The dye highlights the areas where plaque is still present, helping you target your cleaning more effectively.

Instructions:

1. Brush your teeth.
2. Chew a plaque disclosing tablet thoroughly to mix it with your saliva. You can also use your tongue to spread the coloured solution over all tooth surfaces.
3. Spit out the solution carefully, avoiding splatter.
4. Rinse your mouth with water.
5. Examine your teeth in a mirror.
6. The dye will highlight any remaining plaque on your teeth.
7. In the diagram below, mark in red the areas of your teeth where plaque was present.
8. Brush your teeth again to remove the stained areas.



Photo: Oral healthcare services in Western Uusimaa

