

How to Help Your Children With Plaque-revealing Tablets?



Choose the right tablets:

here are several types of plaque-revealing tablets available in the market. Choose the ones that are specifically formulated for children and are safe for use.

Explain the purpose:

Explain to your child what the tablets are for and why they need to use them. Help them understand that the tablets will show them the areas of their mouth where they need to brush more effectively.

Follow the instructions

Read the instructions carefully before using the tablets. Some tablets may require you to chew them first before swishing with water. Others may need to be dissolved in water.

Timing

It's best to use the tablets after brushing and flossing. This will ensure that any areas missed during brushing and flossing will be revealed.



Supervision

Children should be supervised when using the tablets to prevent swallowing them. Make sure they rinse their mouth thoroughly with water after using the tablets.

Brushing technique

After using the tablets, encourage your child to brush and floss the areas that have been highlighted. Show them the proper brushing and flossing technique, and make sure they spend enough time brushing and flossing.

Rewarding cards

Use the stickers and cards attached to encourage children to brush their teeth twice a day!

