

How To Use MI Paste

What Is It?

MI Paste contains calcium and phosphate and will help to remineralize your teeth if used properly on a regular basis. The acid produced by the plaque on your teeth will breakdown the calcium and phosphate mineral structure of your teeth. This is what causes cavities. If you have had several recent cavities, you can be quite certain that other areas of your teeth are in the process of demineralizing and we want to reverse that process and rebuild this tooth structure.

This can be of particular concern if you do not produce enough saliva. Dry mouth or xerostomia is a common process of aging. Many medications can make this worse. Saliva is a natural buffering agent to the acid produced by dental plaque and contains the calcium and phosphate necessary to rebuild teeth. If you do not have adequate saliva, you become much more prone to cavities. The MI Paste can help neutralize the acidic plaque and provide the much needed calcium and phosphate.

How to Use It

MI Paste can be used both with and without a tray. Generally, it is more effective with a tray. Dr. Murrell or Dr. Silvers will help decide whether or not a tray is necessary.

MI Paste is **not** to be used as a toothpaste. It is to be applied just before you are ready to go to bed. Before using the MI Paste, brush and floss your teeth using your **regular** toothpaste.

The best way to apply the MI Paste is to apply a “pea sized” amount and spread it between your thumb and middle finger. Take these two fingers and then spread this paste on both the inside and outside of your upper and lower teeth as was demonstrated in the office. You may need to do these 2 or 3 times to make sure you have a light coating on all of your teeth. You may have also been given a special brush to use to spread this between some of your teeth.

If you have been given a tray, place the tray over your teeth at this time and it will spread the paste over your teeth and hold the paste up against your teeth. Usually, for the first 30 days, we will ask you to sleep with the tray in place. After that time, you will be advised whether or not to continue using it.

If you have not been given a tray, you may simply go to bed. Do not rinse the paste out.

Very Important. If you have also been given Prevident or another prescription fluoride toothpaste, do not use it at night before you use the MI Paste. **Use the Prevident only in the morning.**

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