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General & Cosmetic Dentistry

How to use MI Paste Plus

- Clean teeth by brushing with fluoride toothpaste.
- Smear a pea sized amount of MI paste to each upper and lower arch, inside and outside of the teeth. The paste should be applied using a clean, dry finger or a cotton swab. To get in between your teeth, dental floss coated with paste may be used.
- Leave the paste on your teeth, undisturbed, for at least 3 minutes.
- Then, use your tongue to spread remaining MI paste throughout the mouth.
- Hold the paste in your mouth for an additional 1-2 minutes without spitting or swallowing if possible. The longer you hold the paste in your mouth, the more effective the result.
- Try to avoid swallowing any MI Paste while it's in your mouth. MI Paste is safe to swallow even if you are lactose-intolerant but contains casein and should not be used if patients have an IgE casein allergy or with a sensitivity or allergy to benzoate preservatives.
- Spit thoroughly and if possible, avoid rinsing. Any remaining paste will gradually dissipate.
- Do not eat or drink for 30 minutes following the MI paste application.
- Overnight use is especially recommended for high-risk adult patients, but not recommended for children under 12.
- If you use Prevident or another prescription fluoride toothpaste, do not use it before using the MI Paste.

Superior care, one patient at a time.

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