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ABOUT MI PASTE

Minimum Intervention, or MI, is a “medical” approach to the management of tooth decay or white spot lesions (demineralization) on teeth. Instead of placing a filling, it uses bioactive materials to restore the tooth and protect against further damage.

Demineralization (white spots) can be a result of:

- Excessive acid producing bacteria due to poor oral hygiene.
- Poor dietary habits like excessive sodas and sports drinks.
- Conditions leading to reduced salivary flow.
- Some medications.
- Stress, physical and psychological.

For many years it has been known that milk has a tooth protective effect. This activity is due in part to a protein in milk containing calcium and phosphate which binds to tooth enamel and has been shown to prevent and reverse early white spot lesions. The active ingredient in MI Paste is derived from this milk protein. MI paste should not be used by people with milk protein allergies. It is digestible by people with lactose intolerance.

HOW TO APPLY MI PASTE

At Home Application During or After Orthodontic Treatment:

- After brushing with a fluoride toothpaste (in the morning and at night), apply a generous layer of MI Paste around the areas where the bands and brackets are attached to the teeth using a cotton swab or finger.
- Leave MI Paste undisturbed for 3 minutes.
- Use your tongue to spread the remaining MI Paste throughout the mouth and hold for as long as possible (1-2 minutes) avoiding spitting or swallowing.
- If necessary, rinse gently. Alternatively, it is safe to swallow MI Paste.

Custom Tray Application After Appliance Removal:

- Extrude MI Paste into custom tray, place in the mouth and leave undisturbed for 3 minutes.
- Remove the tray and spread the remaining MI Paste all over the tooth surfaces with a finger and hold for as long as possible (1-2 minutes) avoiding spitting or swallowing.
- If necessary, rinse gently. Alternatively, it is safe to swallow MI Paste.

HOW FAST DOES IT WORK

White spot reversal can be expected after 2-3 months of twice daily at home application.