

# Curtis L. Barmby, D.D.S.

Diplomate, American Board of Prosthodontics

# Gail E. Frick, D.M.D.

Member of American College of Prosthodontists

## How to Apply MI Paste™ & MI Paste Plus™



MI Paste™ is very easy to apply. Depending on your situation, it can be done in your dentist's office or you can do it at home. It is safe enough for multiple applications during the day.

### To apply at home:

- Brush with a fluoride toothpaste in the morning and at night
- Apply a generous layer of MI Paste to your teeth's surface using a cotton swab or gloved finger
- Leave undisturbed for 3 minutes

*It's that simple!*

**Your dentist will likely use one of the following methods to apply MI Paste/MI Paste Plus:**

### Custom Tray Application:

- Fill a custom tray with MI Paste
- Place it in your mouth
- Leave undisturbed for 3 minutes
- Remove tray and spread remaining MI Paste over tooth surfaces with a gloved finger

### Non-tray Application:

- Apply a generous layer of MI Paste to your teeth's surface using a cotton swab or gloved finger
- Leave undisturbed for 3 minutes
- Ask you to spread the remaining MI Paste throughout your mouth using your tongue

### Prophy Cup Application:

- Fill a small cup with MI Paste
- Place generous layers on a polishing brush
- Use brush to polish your teeth with MI Paste

Whether it is being applied at home or at your dentist, you should try to avoid ejecting or swallowing any MI Paste while it's in your mouth. However, if it becomes necessary you can rinse gently. MI Paste is safe to swallow even if you are lactose-intolerant.\*

**\*MI Paste/MI Paste Plus™ SHOULD NOT be used by anyone allergic to dairy products.**