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## **MI PASTE - INSTRUCTIONS FOR USE**

### Sensitivity

MI Paste can be used as often as needed for sensitivity. Simply apply using a clean finger or Q-tip to any and all sensitive areas. Leave on the tooth surface for a minimum of 3 minutes. Do not rinse or brush off.

### Whitening

MI Paste can be used prior to and after any whitening procedure. In situations where sensitivity occurs frequently, use MI Paste 3 to 4 days prior to procedure and again after. If used prior to whitening, wait a period of 12 hours before performing the whitening process. Immediately after bleaching and rinsing, apply a generous amount of MI Paste with a clean finger or Q-tip and leave on the tooth surface for at least 3 minutes. If a custom tray is available, place a small layer of MI Paste in the tray and leave in the mouth for as long as possible. Sleeping with the tray is also recommended.

### White Spots

White Spot lesions can occur after orthodontics. In order to “reverse” these areas, use MI Paste nightly after brushing and flossing. Apply a generous amount (nickel size) with a clean finger or Q-tip and leave on tooth surface for a minimum of 3 minutes. Do not rinse or brush off. In order to “reverse” these areas faster, use twice daily or sleep with the MI Paste in a tray.

### Orthodontics

In order to prevent white spots from occurring after orthodontics, use MI Paste nightly after brushing and flossing. Apply the paste with a separate brush, only for MI Paste, as the paste is very sticky and will be difficult to remove from your regular toothbrush. Do not rinse or brush off with toothpaste.

### Cavity Prone

Many people, especially children, are prone to cavities due to various reasons. In order to reduce the occurrence of cavities, use MI Paste nightly after brushing and flossing. Apply a nickel size amount on a clean finger or Q-tip and leave on the surface for at least 3 minutes. Do not rinse or brush off.

### Xerostomia (Dry Mouth)

Many people suffer from dry mouth due to diet, medication and medical conditions. In order to alleviate some of the symptoms of dry mouth and to help protect the tooth enamel from demineralization, use MI Paste nightly after brushing and flossing. Apply a nickel size amount on a clean finger or Q-tip and leave on tooth surface for a minimum of 3 minutes. Do not rinse or brush off.