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MI Paste Information and Instructions

MI Paste is a formulation of amorphous calcium phosphate (ACP) in a casein (milk) protein base. It is designed to provide calcium and phosphate in a bioavailable form so that areas of teeth that have the beginning stages of pre-decay, called demineralization, can remineralize. If the defects do not progress to decay, fillings will not be necessary! Please note that dietary and hygiene habits that allowed the demineralization to occur in the first place must change as well. Treatment time with the paste is anticipated to take a minimum of six months. If you do not plan to change your dietary and hygiene habits or believe you will not be able to apply the paste for at least this amount of time, there is no real reason to use it.

Because the minerals will not effectively treat areas covered in plaque or food debris, you must brush, floss, and rinse with Listerine thoroughly. Next, apply the paste with your finger on or into the endangered areas and leave undisturbed for a minimum of 3 minutes. I recommend applying the paste at bedtime and leaving it on your teeth overnight. Resume normal oral hygiene in the morning, and continue to use the paste for the time recommended.

The MI paste is contraindicated in patients with milk protein allergies. Patients with lactose intolerance usually are able to use the paste. If you have any adverse reaction, discontinue use immediately and contact Dr. House.