Tooth Mousse and MI Paste Plus: for healthy teeth and a beautiful smile

Application
Squeeze a small amount of Tooth Mousse from the tube onto your finger and apply it over the surfaces of your teeth, bands and brackets as advised by your dental professional. Use your tongue to spread the mousse all around those difficult to reach areas. For the maximum benefit, leave it on the teeth as long as possible.

The minimum recommended application time is three minutes. At the end of the application you can expectorate or swallow the remaining Tooth Mousse.

And remember to always re-cap the tube and clean any excess Tooth Mousse from the nozzle.

Natural protection system

Tooth Mousse and MI Paste Plus
Tooth Mousse and MI Paste Plus are crèmes/pastes that contain the same natural calcium and phosphate available in milk. MI Paste Plus also includes fluoride. These minerals protect your teeth and can strengthen weak areas where minerals were already lost.

CPP-ACP was developed at the School of Dental Science at the University of Melbourne Victoria / Australia. RECALDENT™ is used under licence from RECALDENT™ Pty Ltd. RECALDENT™ CPP-ACP is derived from milk casein, and should not be used on patients with milk protein and/or hydroxybenzoates allergy.

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Strong, healthy and beautiful teeth during and after orthodontic treatment

Reduce the risk of white spots by using preventive products like Tooth Mousse and MI Paste Plus.
Maintaining healthy teeth during orthodontic treatment

During orthodontic treatment, it’s important to keep your teeth healthy. Nobody wants to see white spots on their teeth after treatment—they’re preventable!

Orthodontic white spots
White spots are a sign of early tooth decay—areas where minerals have been lost from teeth, caused by the acid produced by the bacteria in plaque. This happens mainly adjacent to the brackets where the plaque easily gets trapped.

The science behind the smile
A clinical trial has been done on the use of Tooth Mousse and MI Paste Plus for the reversal of white spots, and its use to reduce negative effects of plaque accumulation during orthodontic treatment.

Brushing and flossing
Be sure to carefully brush your teeth twice daily with a soft toothbrush, as well as around orthodontic brackets and wires. If you wear elastics, these should be removed before brushing and flossing and then replaced immediately. Brushing your teeth with fluoride toothpaste also helps prevent white spots.

Floss at least once a day as well. Special flossing products are available that can help you get into the spaces between the wires and your gum-line. Ask your orthodontist and dentist for advice and recommendations.

Keeping a check on plaque
Plaque disclosing gel highlights plaque in your mouth by tinting it a pink-purplish or blue colour. Plaque that is at least 24-48 hours old is more serious and contains more bacteria; this plaque will show up as a blue colour instead of pink.

You can also use the plaque disclosing gel to measure the pH of plaque—this will let you know where the bacteria are producing the most acid to damage your teeth.

Using a plaque disclosing agent at home helps you spot plaque in hard-to-reach areas around brackets and elastics and shows you where you might need to pay extra attention.

A healthy diet during orthodontic treatment helps you to keep your teeth in good shape.

Tips for a healthy diet:
- Eat fruits and vegetables
- Drink fruit juices and other drinks that are unsweetened
- Drink liquids that are artificially sweetened instead of containing sugar
- Avoid foods, candies and snacks that contain sugar
- Avoid snacks and candies that stick to your teeth (for example, toffees)

A healthy diet for healthy teeth

Keeping teeth clean during orthodontics

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