

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.



Dr. D. Mahony, Australia

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.

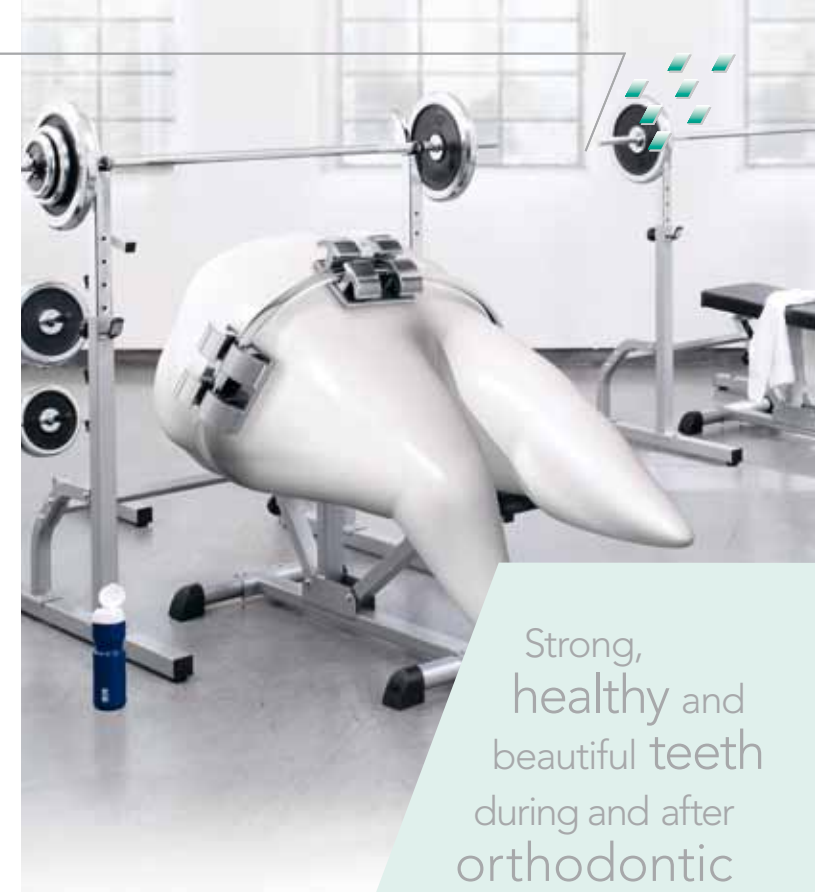


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Strong,
healthy and
beautiful teeth
during and after
orthodontic
treatment

Reduce the risk of white spots by using preventive products like **Tooth Mousse** and **MI Paste Plus**.



Part of GC's Minimum Intervention program.

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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.



Post-orthodontic decalcification

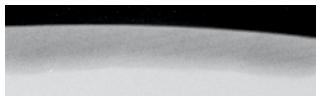


After regular use of Tooth Mousse

Prof. L. Walsh, University of Queensland, Australia

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 spots¹, and its use to reduce negative effects of plaque accumulation during orthodontic treatment².



Enamel with a white spot looks like this on a microradiograph



Treated with fluoride alone, minerals will tend to deposit on the outer surface of the white spot



Treated with Tooth Mousse, minerals are able to penetrate all the way into the white spot

1. Bailey, D. L., Adams, G. G., Tsao, C. E., Hyslop, A., Escobar, K., Manton, D. J., Reynolds, E. C. & Morgan, M. V. (2009) Regression of Post orthodontic lesions by a remineralising crème. J Dent Res 88(12):1148-1153.
2. van der Veen MH, Beerens MW, van Beek H, ten Cate JM. (2009) Changes in Plaque Composition after Orthodontic treatment; the influence of CPP-ACP-F Paste. Caries Res, 43:179-244 abstr 57.

A healthy diet for healthy teeth

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)



Keeping teeth clean during orthodontics

Orthodontic

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-purple 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.



Dr. I. Miletic, Croatia

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.