

# Mira-2-Ton®

## Colorful “wow effect” for dental practitioner and patient

Author: Franziska Grasegger, dental hygienist, Garmisch-Partenkirchen, Germany



### Franziska Grasegger, DH

- 2009 – 2012 Dental assistant
- 2017 – 2018 Dental prophylaxis assistant
- 2017 Quality management officer
- 2018 Hygiene officer
- Since 2018 Dental hygienist

I have been working successfully as a dental hygienist in a dental practice in Bavaria, Germany for several years now. The practice covers a very wide range of treatments and specialties, among other things, in patients with periodontal disease.

My area of responsibility includes dental prophylaxis as well as the treatment and care of periodontitis patients. We regularly use Mira-2-Ton (erythrosine and gluten-free) to stain the teeth, especially before oral hygiene education. It always gives both me as the dental practitioner and the patients a great “wow effect”.

Mira-2-Ton has been around for 25 years this year and has made treatments and visualizations easier in many practices.

The procedure starts with an update of the patient’s medical history. Before treatment can begin, we ask the patient to undertake a short infection prophylaxis with OXYSAFE mouthwash, which minimizes the viral load in the aerosol. We then go into all the details of the patient individually, carry out a 6-point measurement and document all the recorded findings in our software. This allows the treatment to be individually adapted to the needs of each patient. Next, we carry out a visual and haptic check of the oral mucosa in order to detect any changes at an early stage.



Fig. 1 - Staining with Mira-2-Ton shows clear plaque deposits

Now the teeth are stained with Mira-2-Ton liquid. After the patient has rinsed with water, color residues remain on the teeth in most cases. The visual representation makes it possible to assess the effectiveness of home dental care and to identify individual weak points. Once stained with Mira-2-Ton, you can easily and quickly determine whether plaque is present and whether it is old or new plaque.

This is possible thanks to the two different colorings: If the coloring appears pink, plaque has only been on the tooth surfaces for a short time. A blue color, on the other hand, signals that the plaque has formed a while ago. In a more mature stage of plaque, the diagnosis is often confirmed by a slight reddening of the marginal gingiva. The in-depth consultation after the patient’s examination, visualized in the mirror by Mira-2-Ton, very often results in increased motivation to carry out oral hygiene even more intensively. Additionally, the demonstration of the examination results generates positive feedback and satisfaction among our patients.

In the above-mentioned follow-up consultation, I as the practitioner now advise the patient how to use various techniques to brush their teeth and how to use different interdental cleaning methods. The methods already used are being examined again and adapted if necessary. New methods are taught and recommendations are made.

In the practical procedure, the calcified plaque is now removed by means of ultrasonic treatment and extrinsic discoloration is removed with an air-powder water jet device using glycine or erythritol powder.



Mira-2-Ton Bottle for the dental practice, 60 ml 605 655  
Mira-2-Ton Pellets, content: 250 pcs 605 662



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Alternatively, the tooth surfaces can also be polished with a self-reducing polishing paste, which changes its RDA value after a short time, or a very fine polishing paste – in this case, the work is very demand-oriented. All interdental spaces are then cleaned. The cleaning products are individually adapted to the patient.

To protect the teeth further, a fluoride varnish is finally applied. We use sodium fluoride based products as they do not yellow the teeth. Each treatment is individually tailored to the patient's needs in order to achieve the best possible result and greater patient satisfaction.

For me as a practitioner, the staining plaque-disclosing procedure with Mira-2-Ton is indispensable. The perfect visualization not only serves the patient, it also offers me the possibility of self-oversight, as I can see whether I have cleaned all areas with the utmost care. Recently, pre-soaked pellets have been added to the range, making application even easier. Complementary to the professional treatment in the practice, the Mira-2-Ton plaque tests are an optimal solution for the patient, which I am always happy to recommend.



Fig. 2 - Result after effective plaque removal



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