

# Ways To Use Fygg's Professional Strength Hydroxyapatite Varnish At Home



**1**



**Some use this daily for a few weeks until issues resolve, or mix it into their routine along with Fygg toothpaste every day/every few days or so**

**Brush with it daily as a replacement for your regular toothpaste.**

## USES

- Generalized sensitivity
- Remineralizing and desensitizing areas of gum recession
- Whitening effects
- Generalized demineralization
- Hypoplastic teeth
- In active orthodontic treatment or appliances
- Xerostomia/dry mouth
- Use before, during, and after radiation and chemo



**2**



**Use this nightly until issues resolve or a few times a month for whitening or as a preventative measure.**

**Place in trays in a thin strip or small dots spaced out and sleep overnight for longer contact time and faster results.**

## USES

- Generalized sensitivity
- Remineralizing and desensitizing areas of gum recession
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**3**



**Spot apply to areas of concern with a cotton swab or micro brush, place directly on floss for in-between concerns, or finger sweep areas, like upper anterior teeth, in very young or pre-cooperative children.**

## USES

- Active decay (best results if incipient)
- Specific areas of localized sensitivity or root exposure
- Localized hypoplastic enamel spots



**\*\*Results and timelines may vary, especially with cavities, so please work with your dental professionals. Not all cavities can be arrested or reversed and traditional dental restorations or treatment may be indicated.**

