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Practice Limited to Periodontics

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Post Frenectomy Pain Management Tips

- Popsicles / frozen fruit or anything cold.
- Arnica Montana or other measures to help with pain control.
Arnica recipe:
Arnica 30C
Get a 1 oz. dropper bottle and add 15 pellets. Fill with water and dissolve. Then 10-15 drops of that liquid as frequently as desired. The idea is to modulate pain preventatively.
- Acetaminophen/Ibuprofen- as directed to dose; otherwise use age.