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Practice Limited to Periodontics

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## Post Frenectomy Pain Management Tips

- Breast Milk- cool pumped breast milk in bottle or syringe.  
Breast Milk ice cubes- with popsicle stick or use netting to put into mouth over wounds to soothe.
- Arnica Montana or other measures to help with pain control.  
**Arnica recipe:**  
Arnica 30C Montana Organic Lactose Free  
Get 1 oz. dropper bottle & add 15 pellets. Fill with nursery water and dissolve.  
Then use 10-15 drops of Arnica. The idea is to modulate pain preventatively
- Acetaminophen/Ibuprofen- 6 months and older

**If baby is lactose intolerant**, use Arnica Montana Organic Lactose free 30C as shown below. Can be found at: Amazon, pureformulas.com, and may be at Whole Foods.



Homeopathic medicine for temporary relief from bruising and muscle trauma, soreness, aches, and pains.

Lactose free easy dissolving pellets

Arnica Montana is a mountain daisy

Safe: No known sides effects or drug interactions.