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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 (Ollois Lactose Free, please see second page) or other measures to help with pain control.
Arnica recipe:
week 1: Arnica 200C or 200CK
week 2 and after: Arnica 30C
Get a 1 oz. dropper bottle and add 15 pellets of whichever strength you want. 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.



OLLOIS Arnica Montana 200CK Organic, Lactose-Free Homeopathic Medicines for Pain, Trauma, Bruising

by OLLOIS Homeopathic Medicines

80 ratings

| 4 answered questions

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Price: **\$7.98** (\$0.10 / Count) FREE

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Size: **1 pack**

1 pack

2 Pack

5 Pack

Color: **200ck**

Ollois Lactose-Free, Organic, Homeopathic Medicines, Arnica montana 30C Pellets, 80 Count, For Pain Relief

by OLLOIS Homeopathic Medicines

51 ratings

| 5 answered questions

Amazon's Choice for *ollois ar...

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Size: **1 pack**

1 pack

\$7.00 (\$0.09 / Count)

2 Pack

\$12.25 (\$0.08 / Count)

5 Pack

\$23.32 (\$0.06 / Count)

Color: **30c**



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