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Practice Limited to Periodontics

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Post Frenectomy Pain Management Tips & Supplies

- 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 (Ollois Lactose Free) 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
- Sugar water- studies show sugar and water solution give pain relief similar to Ibuprofen and acetaminophen without the side effects of the medications.
- Acetaminophen/Ibuprofen- as directed (6 months and older)
- For stretches you will need a swaddle (swaddle me from Target) and a Headlight. Stretches will be done from behind the baby's head.