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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 a 1 oz. dropper bottle and add 15 pellets. Fill with nursery water or breast milk and dissolve. Then use 2-3 drops per site as needed. The idea is to modulate pain preventatively.
- Acetaminophen/Ibuprofen- 6 months and older

Use Arnica Montana Organic Lactose free 30C as shown below. Can be found at: Amazon, ollois.com, 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.