

# Frenectomy Aftercare Pain Relief

## (to begin approximately 2 hours after the procedure)



Choose 1 item from each category. Items from different categories can be given in combination or separately. Example: You can give Tylenol and Arnica Montana 30C and a calming remedy at the same time, OR you could give a calming remedy and Arnica in between Tylenol doses.

Direct any questions to our Patient Care Liaison 602-544-3967.

<p><b>Medication</b> Highly recommended (store brands and generic are fine)</p>	<p>Tylenol/Acetaminophen (for any aged child) give every 4 hours on the Day of the procedure, and every 5-6 hours on Day 2 and on. More info, including dosages can be found in our Aftercare Parent Handout. NOTE: Children’s and Infant’s acetaminophen are the same concentration – just pay attention to dosing and syringe size. <b>OR</b> Motrin/Ibuprofen (for over 6 months) can be given instead, every 6 hours starting Day of the procedure. More info, including dosages can be found in our Parent Aftercare Handout</p>
<p><b>Arnica for Pain</b> Always recommend, BUT especially if you are unable to find Tylenol/ Motrin, or are choosing not to use <i>**Note: 10 Arnica, 10 Hypericum &amp; 1 drop of Rescue remedy can be combined in 1oz liquid. Dose is 10 drops/.5ml)</i></p>	<p>Arnica Montana 30C (at Amazon/Sprouts/Whole Foods). Be sure it is 30C (not 30X) <u>INFANTS:</u> To make a <u>batch</u> of Arnica Montana doses, crush/dissolve 10 pellets in 1oz of water or breast milk. Once it dissolves, one dose is approximately 10 drops (0.5ml) of that liquid. You can use a dropper or medicine syringe (cleaned from another medicine, or pharmacies often have them for free). Give as needed every 2-4 hours. To treat extra pain or fussiness give every 15 to 30 minutes for up to an hour, then return to every 2-4 hours. CLEARLY LABEL and store in the fridge for up to 4 days. <u>CHILDREN 4+ YEARS:</u> Dissolve 3-5 pellets under the tongue, 3x a day <b>OR</b> Hylands Oral Pain Relief Tabs (day or night are both fine any time of day) contains Arnica, and can be used for any aged child. It can be found at Walmart, Target and pharmacies. Follow the dosage instructions on the box</p>
<p><b>Hypericum 30C for Pain</b> Optional BUT especially if you are unable to find Tylenol/ Motrin, or are choosing not to use</p>	<p>Hypericum 30C (at Amazon/Sprouts/Whole Foods). Be sure it is 30C (not 30X) <u>INFANTS:</u> To make a <u>batch</u> of doses, crush/dissolve 10 pellets in 1oz of water or breast milk. Once it dissolves, one dose is approximately 10 drops (0.5ml) of that liquid. You can use a dropper or medicine syringe. Give as needed every 2-4 hours. To treat extra pain or fussiness give every 15 to 30 minutes for up to an hour, then return to every 2-4 hours. CLEARLY LABEL and store in the fridge for up to 4 days. <u>CHILDREN 4+ YEARS:</u> Dissolve 3-5 pellets under the tongue, 3x a day</p>
<p><b>Calming Remedies</b> Optional BUT highly recommended if you are unable to find Tylenol/ Motrin, or are choosing not to use</p>	<p>Boiron Camilia Liquid Doses - can be used at any age, follow directions on the product <b>OR</b> Rescue Remedy Kids drops – can be used for any age. To make a batch of doses, add 2 drops to 1 oz of water. A dose is 4 drops of the mixture, and can be given 4 times a day <b>OR</b> Dr. Talbots Nuby Chamomile Soothing Tablets – for 3+ months old, follow directions box <b>OR</b> Hylands Calming Tablets – for 6+ months old, follow directions on the product</p>
<p><b>Sleep Remedies</b> Optional</p>	<p>Boiron Sleep Calm Kids (tablet or liquid) – for 3+ years old, follow directions on the product <b>OR</b> Rescue Sleep Kids – for 2+ years old, follow directions on the product</p>
<p><b>Don't forget about...</b></p>	<ul style="list-style-type: none"> <li>◆ Skin to skin (with either parent)</li> <li>◆ Bath (with or without parent)</li> <li>◆ outside for a few minutes for fresh air</li> <li>◆ Baby massage</li> <li>◆ Baby wearing</li> <li>◆ Breastmilk ice chips</li> <li>◆ Vigorous bouncing in your arms – on a yoga ball, on the bed, deep squats</li> <li>◆ Rhythmic movements <a href="http://www.youtube.com/watch?v=VR_OCKplhyo">www.youtube.com/watch?v=VR_OCKplhyo</a></li> </ul>