

## Homeopathy for Dental Treatment

### Remedies to Consider Before your Dental Appointment

**Aconite** 200CH is a wonderful remedy to consider for anxiety about going to the dentist, even the mere thought of going will create apprehension. These thoughts can wake the person up in the middle of the night. The fears are felt intensely and are often accompanied with a restlessness.

**Gelsemium** 200CH is a great remedy for fearful anticipation of going to the dentist. The person will feel weak, tired, shaky and will need to go to the washroom often. There is a sense of heaviness and feelings of dread, and the person may have a blank mind.

**Argentum nitricum** 200CH is to be considered as well for those who have anticipatory fears. The person may weep or laugh easily due to the stressful situation. The person will feel more excitable than gelsemium and will be very concerned about their health and talk a lot.

### Post Dental Work

**Arnica** is one of the first remedies to be considered after any dental procedure, especially when there is swelling, pain and bruising. Potency selection will be dependant on the severity of the procedure - 30CH, 200CH or 1M.

**Staphysagria** 30CH or 200CH is indicated for healing from dental surgery, especially if there has been an incision in the mouth and/or IV was given. The person may be experiencing feelings of anger, and feel very sensitive to what others say.

**Phosphorous** 30CH is a great remedy to use to clear the effects of the anesthetic. The person will feel tired and mentally unclear. Phosphorous can also be considered if there is lots of bleeding with bright red blood.

**Hypericum** 30CH or 200CH is a good remedy when the person is experiencing shooting nerve pain in the gums and/or face after a dental procedure.

**Ledum** 30CH can be used if the person experiences soreness at the site where the local anaesthetic needle was used.

**Magnesium Phosphorous** 30CH is a remedy to consider if the person has had to keep their mouth open for an extended time. This remedy can help relieve cramping in the jaw and the inability to open their mouth fully.

These are general instructions only. For specific instructions, including exact potency selection and for more complex ailments such as dry sockets, excessive swelling and pain, infection and abscess please book an Acute Care Appointment with one of our homeopaths at 402-202- 8507.

If you have any specific concerns, unusual symptoms, or feel you are experiencing a dental emergency, please contact your dentist immediately.