

CLASSICAL HOMEOPATHY

Beth Knudtsen-Spears, CCH

Certified CEASE Therapist

2 Enterprise Ave. NE

Suite C-1

Isanti, MN 55040

763-552-HEAL (4325)

General Instructions for Plussing Remedies to Recover more quickly from Dental Surgery

- * For each remedy, take two pellets and dissolve them in 4 ounces of distilled or purified water in a small water bottle, if you are using the remedies in the hospital.
- * Label the bottle.
If you are using the remedies at home, then use a glass container.
- * Do not add more than 2 pellets to the water.
- * Stir or shake the container before each sip.

Aconite will help to decrease your anxiety before surgery. Take 2 pellets orally, once before surgery. Take them when you are panicked about the procedure and you can't get your mind off of it. If the panic returns, you can redo, up to 3 times in 24 hours.

Arnica will heal the soft tissue. It reduces swelling and pain. After surgery, take a sip or a tsp every 4 hours, for pain, up to 4 days. Use the same water for all doses. Refrigerate when possible.

Hypericum will heal the damaged nerve tissue. After surgery, take a sip or a tsp every 4 hours, for pain, up to 4 days. Use the same water for all doses. Refrigerate when possible.

Right after surgery: 2 pellets of arnica and hypericum every hour for 2 hours. Then, go to the water doses indicated above for Arnica and Hypericum.

Additional remedies that may be helpful include:

Ledum for the injection pain—use when the pain is better with ice or very cold water.

Phosphorus can be used for minor bleeding after the extraction. If bleeding persists or worsens, contact your dentist.

Ruta is used for dry sockets.

30c is a good potency to start healing. If a particular remedy doesn't completely resolve your concerns, check into the need for a higher potency or a different remedy. The ones listed here are the most commonly used—there are MANY more that can be effective.

You can take the pellets orally up to 3 times a day for 3 days up to a 200c.

Remember to follow your symptom pattern and only redose when the pain returns.

***Remember to eat 5-13 servings of fresh fruit and vegetables, drink sufficient water, and consume 3-5 servings of protein daily.**

Check in after the third day if you have any concerns about the healing process and to see if other remedies are better indicated.