

Ruta Grav – 3 times daily if the tooth is mobile to help repair the ligament. **Hepar Sulph**- twice daily to help prevent infection.

Fractures:

Arnica routinely. Seek help from your Homoeopath in setting up a specific treatment plan to help with the different stages of repair and your nutritional needs.

TINCTURES AND MOUTHWASHES

Calendula – promotes healing of tissues, and helps prevent infection, bleeding and reduces pain. Dilute 30 drops in 500ml warm water 3-4 times daily, as a wash, or gauze may be soaked in the solution. **Hydrastis** – oral thrush and mouth ulcers. 30 drops in 250ml water (do not swallow). **Hypericum** – nerve damage, often added to **Calendula** in the same dilution. **Myrrh** – 5ml in 45ml water (1 drop if using the essential oil) for mouth ulcers, gingivitis and ulcerative conditions. **Sage** – an infusion of dried or fresh sage leaves or a drop of the oil in water can be used if **Myrrh** or **Hydrastis** are unavailable.

REMEDY INFORMATION

Owen Homoeopathic remedies can be purchased from your local stockist or from us direct. Check the web-site for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
A Textbook of Dental Homoeopathy – Dr C B Lessell
The Dental Prescriber – Dr C B Lessell
The Family Guide to Homoeopathy – Andrew Lockie
Materia Medica & Repertory – Boericke

IMPORTANT

Taking of Homoeopathic remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light, heat and strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

DENTAL PROCEDURES

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

This flyer is written to assist the dental patient in the choice of homoeopathic remedies as an adjunct to regular dental treatment and to assist in healing and the resolution of oral disease. Feel welcome to contact the Centre for advice on remedy choice or potency in a confusing situation. Some of the books recommended are written by a British Dentist and contain excellent and readily accessible information.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence the medicines prescribed for you by your dentist or while in hospital.

OWEN HOMOEOPATHICS

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Use the 6c potency unless otherwise specified.

ANTICIPATORY ANXIETY

One of the most important areas of patient support in which Homoeopathy shines is the area of anticipatory anxiety and fear. This is probably the most common concern that patients report or experience. When we hear the comment “I hate going to the dentist, I’d rather have a baby” we know that pain is not the issue anymore, rather it’s the endemic belief that it is going to be a “bad experience”. To assist those experiencing anxiety, choose from the following remedies using the **30c potency**. Give the remedy 2-3 times on the day prior and immediately before treatment. Or every 15 minutes until feeling calm.

Aconite – acute anxiety, great fear and dread. **Argent Nit** – trepidation, hurried, incessant speech, diarrhoea. **Chamomilla** – children are disagreeable, capricious and throw things offered. Adults are nervous, sensitive and angry when in pain. **Coffea** – very sensitive to noise, wants even subtle music turned off. **Gelsemium** – silent, motionless, trembling and weak.

COMBINATION FOR GENERAL USE

Arnica, **Hyperica** and **Rescue Remedy** combined can be used to prepare the body in the event of trauma and surgery thereby facilitating healing and reducing infection. **Arnica 30c** is the most important remedy for bruising, haematoma and haemorrhage, it has a mild central analgesic effect and is recommended routinely for all people affected by accidental or surgically induced physical trauma. **Hyperica 6c** is used for its effects on damaged nerves, controlling pain and promoting regeneration. The Bach Flower Essence **Rescue Remedy** for trauma and shock.

Combine and use as a base dose 3 times daily before and after procedures (can be increased to every 15 minutes or add 4 drops to the mouthwash ensuring several doses). For known bleeding tendency or undesirable effects of anaesthetics add **Phosphorus 30c** for 2-3 doses prior to procedures.

ABSCESS AND TOOTHACHE

Acute: Repeat often to improvement. **Belladonna** – sudden onset, swelling, redness, intense heat and throbbing especially right sided. **Apis** – swelling gross, skin more rose coloured, like a bee sting. Very thirsty. **Sepia 30c** may be indicated in pregnant women. **Chamomilla** – marked intolerance to pain.

Chronic: Repeat 2-3 times daily to resolve. **Hepar Sulph** – encourages drainage and resolution of pus. **Silica** – after pus has discharged. Higher than 6c will resorb pus and this is not usually ideal. When the abscess involves an infected wisdom tooth, extraction is often the best solution. Treat the acute phase with **Belladonna** and then follow with **Hepar Sulph** until extraction is possible.

ANAESTHETIC EFFECTS

Local: **Arnica** used routinely minimises bleeding. **Ruta Grav** – if the bone feels injured by the needle. **Hyperica** – shooting pains. **Apis** – swelling with burning stinging pains. **Ledum** – jaw stiff and cold at the puncture site.

General: **Antimonium Tart** – 3 times daily for 3 days prior helps prevent chest complications in vulnerable people. **Ipecac** – nausea and excess salivation. **Pyrogen 30c** – twice daily, 1 day prior to 7 days after protects against external bacterial influences. Especially useful if antibiotics are undesirable.

ANTIBIOTICS

Ill effects of antibiotics can be reduced by taking extra garlic or garlic capsules, yoghurt and acidophilus. **Nitric Acid** – diarrhoea with antibiotics. **Borax** – thrush with antibiotics. **Sulphur** – twice daily for a week following antibiotics will help rebalance the system.

HAEMORRHAGE

Arnica used prophylactically usually prevents this problem. Be sure to follow the post operative instruction from your dentist. If necessary use **Phosphorus** for bright red bleeding. **Lachesis** -

persistent dark bleeding. Once arrested continue with **Arnica**. Persistent bleeding which you cannot control needs attention or advice from your dentist.

ORAL SURGERY

Use the preparatory combination for 1-2 days prior and continue for at least 5-7 days. **Staphysagria 30c** – pain at the incision site, promotes repair after any incised wound. **Ruta Grav** – repeat often for bone pain. **Pyrogen** – assists in the prevention of post operative infection and complications. Useful where antibiotics are undesirable or refused. **Silica 6c** – twice daily helps the expulsion of any retained bone or tooth fragments.

PERIODONTAL AND GINGIVAL HEALTH

There is no substitute for regular check ups, scaling, efficient cleaning and flossing in the maintenance of healthy gums and teeth. However some people, despite good oral hygiene have a disproportionate degree of gum disease and/or tooth decay. These people are often helped by a Constitutional prescription from their Homoeopath and may need to assess their nutritional status especially Vitamin A, C, E and Zinc. **Phosphorus** – is the main remedy for bleeding gums. **Mercurius Sol** – bad breath and excess saliva. **6c** – twice daily for pregnancy gingivitis. **Mercurius Cor** – active infection with redness and looseness of teeth. **Calendula** – open wounds. **Hypericum** – with pain. **Silica** – repeated infections. **Staphysagria** – teeth stained, bone loss and bleeding gums, high decay rate.

TRAUMA

Accidents and Injuries:

Seek immediate emergency dental treatment. Of greatest concern is that avulsed (knocked out) teeth are replaced in the tooth sockets or stored in milk to prevent dehydration and other cellular changes until dental treatment is available. **Arnica 30c** plus **Ferrum Phos** 4 times daily for mild symptoms. Add **Hypericum** – if the pulp is exposed.