

TRAUMA

Traumatised Tooth

Arnica 30c or 200c with, *Ferrum Phos* 4 times daily for mild pulpitis symptoms. *Hypericum 30c* – if the pulp is exposed. Before and after pulp capping until the pain is reduced and then *Ferrum Phos. Ruta Grav 6c* -tid, for mobility or for several weeks after fixation to aid repair of the periosteum. *Hepar Sulph 6c* - bd, for several weeks to prevent infection. Adequate Zinc and Vitamin C in the diet.

Fractures

Arnica routinely. *Symphytum 6c* - tid, encourages union. *Rhus Tox and Bryonia 30c* - alternated 2 hourly for pain. *Ruta Grav 30c* - 2 hourly for contused pain. *Hyperica 6c* - tid, sensory nerve damage. *Ruta 6c* - tid, for non-union despite *Symphytum* and adequate supplementation. *Rhus Tox and Ruta Grav 6c* - alternated 4 hourly for stiffness in the mobilising stage.

TINCTURES AND MOUTHWASHES

Calendula – promotes healing of tissues, its antiseptic qualities help prevent infection, bleeding and reduces pain. It is recommended to dilute, 30 drops in 500ml warm water 3-4 times daily, as a wash, or gauze may be soaked in the solution. *Hydrastis* – oral candidosis 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 useful 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.

KIT INFORMATION

Full Home Remedy Kit – 28 remedies etc

Mini Home Kit – 10 remedies

Pouches with 7 remedies

Surgery Kit, Office Kit, Travel Kits, Mens Kits

5 Remedy Mini Kits – Various Types

Anticipatory Anxiety, Surgery Kit 2, Office Kit, Orthodontic Treatment, Pain Relief.

Pilules in Vials - Small Medium Large

Drops – Small Large

BOOKS TO READ

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.

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THE DENTIST

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 dentist in the use of homoeopathic remedies as an adjunct to regular dental procedures. 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. Information is also available from the British Homoeopathic Dental Association listed on the back of this leaflet.

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 other medicines prescribed.

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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 3x 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. Pericoronitis. **Apis** – swelling gross, skin more rose coloured, like a bee sting. Very thirsty. **Myristica 30c** – obvious swelling, cellulitis or pulpitis. **Sepia 30c** may be indicated in pregnant women. **Chamomilla** – marked intolerance to pain.

Chronic: Repeat 2-3 times daily. **Hepar Sulph** – encourages suppuration and promotes resolution, follows **Myristica** well. Controls pericoronitis after **Belladonna**, until extraction is possible. (The 30c would cause resorption of pus). **Silica 6c** - tid, after pus has discharged.

ANAESTHETIC EFFECTS

Local: **Arnica** used routinely minimises haematoma. **Ruta Grav** – needle damage to periosteum. **Hyperica** – nerve trunk damaged, shooting pains. **Apis** – reactive oedema and cellulitis with burning stinging pains. **Ledum** – jaw stiff and cold at the puncture site.

General: **Phosphorus** or **Opium** speed arousal from GA. **Antimonium Tart 6c** -tid, from 3 days prior helps prevent chest complications in vulnerable patients. **Ipecac 6c** – nausea and excess salivation. **Pyrogen 30c** - bd, 1 day prior to 7 days after protects against external bacterial influences, helps prevent Subacute Bacterial Endocarditis. Especially useful if antibiotics are undesirable or refused.

ANTIBIOTICS

Ill effects of antibiotics can be reduced by taking extra garlic or garlic capsules, yoghurt and acidophilus. **Nitric Acid** – where antibiotics produce diarrhoea. **Borax** – where antibiotics produce thrush. **Sulphur 6c** - bd, for a week following antibiotics will help rebalance the system.

HAEMMORHAGE

Using **Arnica** prophylactically usually prevents this problem. If necessary use: **Phosphorus** – bright red bleeding. **Lachesis** – persistent dark bleeding. Useful combinations to have on hand are **China 6c** + **Phosphorus 6c** + **Ferrum Phos 30c** – easy haemorrhage, bright blood, weakness, debility and anaemia. **Ipecac 30c** (nausea and bright blood) + **Millefolium 30c** (bright blood, absence of pain and anxiety). Once arrested continue with **Arnica**.

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 epithelial repair after any incised wound. **Ruta Grav 6c or 30c** – repeat often for bone or periosteal pain. Reduce as tissues enter the healing phase and pain improves. Healing also requires adequate amounts of nutritional substances and those slow to heal may benefit from Vitamins A,C,E, and Zinc. **Pyrogen 30c** – assists in the prevention of post operative infection and helps dry socket and pulpitis. Useful where antibiotics are contraindicated or refused. **Silica 6c** - tid, helps the expulsion of sequestrum. Avoid its use for several months after implants.

PERIODONTAL AND GINGIVAL HEALTH

Arnica 30c given before and a few doses after scaling will reduce soreness and bleeding. Unhealthy gingival tissue despite good oral hygiene may be indicative of nutritional deficiency, in Vitamin E, Selenium and Zinc. **Phosphorus** – is the main remedy for bleeding gums. **Mercurius Sol** – bad breath, peculiar taste and excess saliva. Use **6c** - bd, for pregnancy gingivitis. **Mercurius Cor** – active infection with redness. Pocketing and mobility. **Calendula** – open wounds. **Hypericum** – with pain. **Silica** – repeated infections. **Staphysagria** – teeth stained, bone loss and bleeding gums, high caries rate.