Pain Management Recommendations After Frenectomy

Natural Remedies

For babies: Breast milk ice chips: Frozen breast milk can naturally numb the area. Freeze breast milk flat in a baggie and place tiny pieces under tongue, lips, or cheeks and let melt slowly.

Soothing Oils

Organic coconut oil can be used to lubricate the wound and create ease with the exercises. Feels better if chilled.

• Hyland’s Teething gel is safe for any age. Apply a small dab to area 4-6 times a day.

Homeopathic Remedies

• Acontinum (Calming, reduces pain and fear)
• Rescue Remedy for Kids (Calming, reduces pain and fear)
• Bellis Perennis (aids in tissue healing)
• Chamomila (aids in wound healing, used for teething)

Under 6 Months

Infant/ Child’s Tylenol (160mg/5mL)
Dose (based on weight) Every 4-8 hours as needed for the first 2 days

Over 6 Months

Children’s Motrin 50mg/5mL
Dose mL (based on weight) every 6-8 hours for the first few days as needed for pain.