Dental Visit Preparation & Recovery Protocol: *Be sure to speak to your dentist if you feel that a prescription for Xanax or Valium might be necessary to support your dental visit. If you would like to try some alternative support here is:*
A simple guide combining muscle relaxants, nervous system support, homeopathics, and soft-food care.

📅 THE DAY BEFORE

Hydration: *Drinking plenty of water throughout the day to ensure well-hydrated oral tissues*
Aromatherapy: *Diffusing calming oils like* ***Lavender, Clary Sage*** *or* ***Roman Chamomile*** *essential oil can help—even when you aren't going to the dentist.*

🌙 THE NIGHT BEFORE (Stretch, Wind-Down & Sleep)

Physical/Muscle Relaxation (30–40 Mins Before Bed)

- ***Magnesium (200–400 mg):*** *Complements Valerian to ease muscle contraction and physical fatigue.*
- ***Valerian Root (300–600 mg):*** *Functions as a physical muscle relaxant to soothe body tension, jaw tightness, and restlessness. Extracts are also available to take in warm water. (It has an extremely pungent smell!)*
- ***Yoga: Here are two simple relaxation poses:***



Child's pose



Happy Baby

Mental Quieting & Brain Support (At Bedtime)

- ***L-Theanine (100–200 mg):*** *Promotes calm alpha brainwave activity without causing morning grogginess.*
- ***Aconite 30c (3–5 pellets under tongue):*** *Take if experiencing sudden anticipatory fear, panic, or "shocked" nervous system arousal.*
- ***Chamomilla 30c (3–5 pellets under tongue):*** *Take if feeling hyper-reactive, emotionally agitated, or mentally restless due to stress.*

✸ THE MORNING OF

60 Mins Before Appointment:

- *Eat a cracker with butter (or a bite of food) to cushion your stomach.*

*Take daytime physical calms: **Magnesium** (200 mg) and **L-Theanine** (100 mg). (Skip Valerian in the morning to prevent physical sluggishness in the dental chair).*

50 Mins Before Appointment:

- *Brush thoroughly with non-mint toothpaste. Mint can diminish homeopathic remedy effectiveness. So can coffee.*

35 Mins Before Appointment:

- ***Aconite 30c (3–5 pellets under tongue):** Addresses acute morning jitters or fear right before departure.*

IN THE CHAIR (During Procedure)

- ***Sensory Anchor:** Dab lavender oil or other calming essential oil like clary sage or geranium on a tissue or your wrist to inhale as needed.*
- ***Acute Panic Back-Up:** Take a repeat dose of **Aconite 30c** (for panic/fear) or **Rescue Remedy** (4 drops) if anxiety surges while waiting.*

AFTER THE APPOINTMENT (Recovery & Healing)

Homeopathic Remedy Rotation

Remedy	Best Used For	Timing & Dosage
Arnica 30c	*Physical jaw soreness, muscle strain, and deep tissue bruising*	*3–5 pellets under tongue upon arriving home*
Hypericum 30c	*Sharp, shooting, radiating nerve pain or localized gum or nerve irritation*	*3–5 pellets under tongue in afternoon/evening as needed*
Chamomilla 30c	*General hypersensitivity to touch, irritability, or low pain threshold*	*3–5 pellets under tongue if feeling emotionally overwhelmed*

Rule of Thumb: Maintain a 15-minute gap between taking homeopathic pellets and consuming food, drinks, or toothpaste.

SOFT-FOOD QUICK GUIDE

(Wait until local numbness completely fades before eating solid foods to prevent accidental cheek or tongue biting)

First Few Hours (Cold & Soothing)	Later in the Evening (Warm & Soft)
• Plain or Greek Yogurt	*• Lukewarm Blended Soups (Tomato, Squash, Potato)*
• Applesauce & Fruit Purees	*• Soft Whipped Mashed Potatoes or Sweet Potatoes*
• Fruit Smoothies (Drink directly from glass — NO STRAW!)	*• Soft Scrambled Eggs (cooked low & slow)*
• Pudding or Custard	*• Smooth Oatmeal or Cream of Wheat*

⚠* ***WARNING:** Never use a straw when drinking smoothies or liquids after dental work. Suction creates negative pressure in the mouth that can dislodge blood clots or disturb healing tissues*