

Emergency Dental

2454 West Glenlord Rd. Stevensville, MI 49127
269.428.2222

INFECTION MANAGEMENT SHEET

You have been diagnosed with a serious dental infection or may be developing one. The following instructions should be followed very carefully. Failure to improve could necessitate referral to another provider, hospitalization or even death.

GO TO THE EMERGENCY ROOM IF:

- 1) Swelling under the eye affects your vision or results in **EXTREME** pain when light strikes the eye of the affected side.
- 2) Swelling of the lower jaw makes swallowing or breathing difficult or you start running a high temperature.
- 3) If you develop hives, swelling, breathing problems or severe or bloody diarrhea that could be related to any medications you may be taking. Take ALL medications with you to the emergency room.

Take your antibiotics exactly as directed, preferably on an empty stomach with a glass of water. If the antibiotic upsets your stomach, take it with some food. Sometimes it is helpful to use a watch with an alarm or program a cell phone to remind yourself. Keep a single dose and a bottle of water next to the bed for any dose that is needed during sleeping hours. For pain relief, take 2 Aleve with food every 10 hours or 800 mg. Ibuprofen (Advil) with food every 8 hours unless you have stomach problems, congestive heart failure, or a problem with NSAIDS. The generics of Aleve (naproxen sodium) and Motrin (ibuprofen) are less expensive and work very well. Always take these medications with some food. Try to avoid taking either of these NSAID type drugs for more than 5 days in a row. These can be taken safely with your Vicodin and antibiotics. People on anticoagulant therapy usually can't take NSAID type drugs. **CHECK WITH YOUR PHYSICIAN OR PHARMACIST IF YOU HAVE CONCERNS WITH THESE OR ANY OF YOUR OTHER MEDICATIONS!!!**

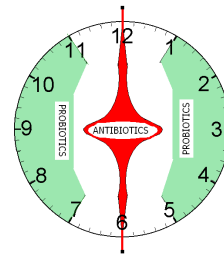
NUTRITION: EAT LIKE A PIG! Chewing is sometimes difficult with oral infections and your body needs the nutrients more than ever. Easy **PROTEIN** sources are kefir, yogurt, hamburger soup or scrambled eggs. Good carbohydrate choices are barley, oat bran or refried beans. **Keep carbohydrates to a minimum. Avoid all sugar.** High carbohydrate intake can worsen your bacterial infection and favor fungal overgrowth (yeast infections). Diabetics, keep your blood sugar under close control. **VEGETABLE JUICES** like **V8** are excellent sources of vitamin C and minerals. Eat **STEAMED GREEN LEAFY VEGETABLES** and the water they were steamed in with olive oil, coconut oil or butter in a blender.

HYDRATION is critical for recovery. Drink water, preferably bottled water, at least 6-8 pints per day. Put a package of Emergen-C in each pint bottle. Drinking water in frequent small sips allows better absorption. **AVOID CHLORINATED MUNICIPAL TAP WATER.** (Bottled, distilled, and well water are better choices.

ELEVATION Sleep with your head higher than your heart. Get plenty of rest. Twenty minutes of moderate exercise will oxygenate the blood and helps improve your immune system.

PROBIOTICS To protect your healthy bacteria, the beneficial bacteria that live in your intestines, I recommend consuming several servings of plain yogurt, kefir, or naturally fermented vegetables like unpasteurized sauerkraut or kimchi in between doses of your antibiotics. Several servings of these products daily should be continued for at least two weeks after finishing the antibiotics. The purpose of antibiotics is to kill harmful bacteria. Unfortunately, the antibiotics will also kill or deplete your healthy bacteria as well. This can result in disruption of bacterial flora which may lead to fungal infections, impairment of your immune system, or a variety of GI problems. Replenishing your intestines with healthy bacteria during and after antibiotic therapy can help minimize the detrimental effects of antibiotic use.

Sources of probiotics include: **YOGURT, KEFIR AND PROBIOTICS IN CAPSULE FORM.** Probiotics should be consumed several times daily. Avoid taking antibiotics right with your probiotics. These are **LIVING FOODS.** Antibiotics kill the probiotics. Probiotics should be consumed not only throughout your **WEEK** of antibiotic therapy, but for an additional **TWO WEEKS** after completion of the antibiotic. Some people continue taking probiotics for life! Ask about these important supplements at your health food store. **TAKE YOUR ANTIBIOTICS EXACTLY AS PRESCRIBED!!**



PROBIOTICS AND VITAMIN C can be purchased at:

Green Harbor Health Foods: 269.934.7878 located by Sec of State in Benton Harbor. **iFlora** is a very good choice for an encapsulated probiotics. Ask Dave Brackett about live cell analysis while you're there.

Walgreens: 269.429.7044 has some probiotics and Emergen-C on the shelf.

Useful websites:

www.mercola.com

www.sensiblehealth.com

www.bornclinic.com

www.candidayeastanswer.com

www.glycemicindex.com

OTHER SUGGESTIONS Warm salt water rinses with or without hydrogen peroxide may be helpful. Warm, moist compresses as directed by this office.

If you need to reach me, Please **FIRST** try **269.428.2222** where you will reach Rachel. Then she will call me. As a last resort, call my cell phone @ **269.757.1257**.