

SELF TREATMENT TOOTHACHES

ADA encourages dentists across the country (and the world) to postpone non-urgent dental procedures to help slow the spread of COVID-19.

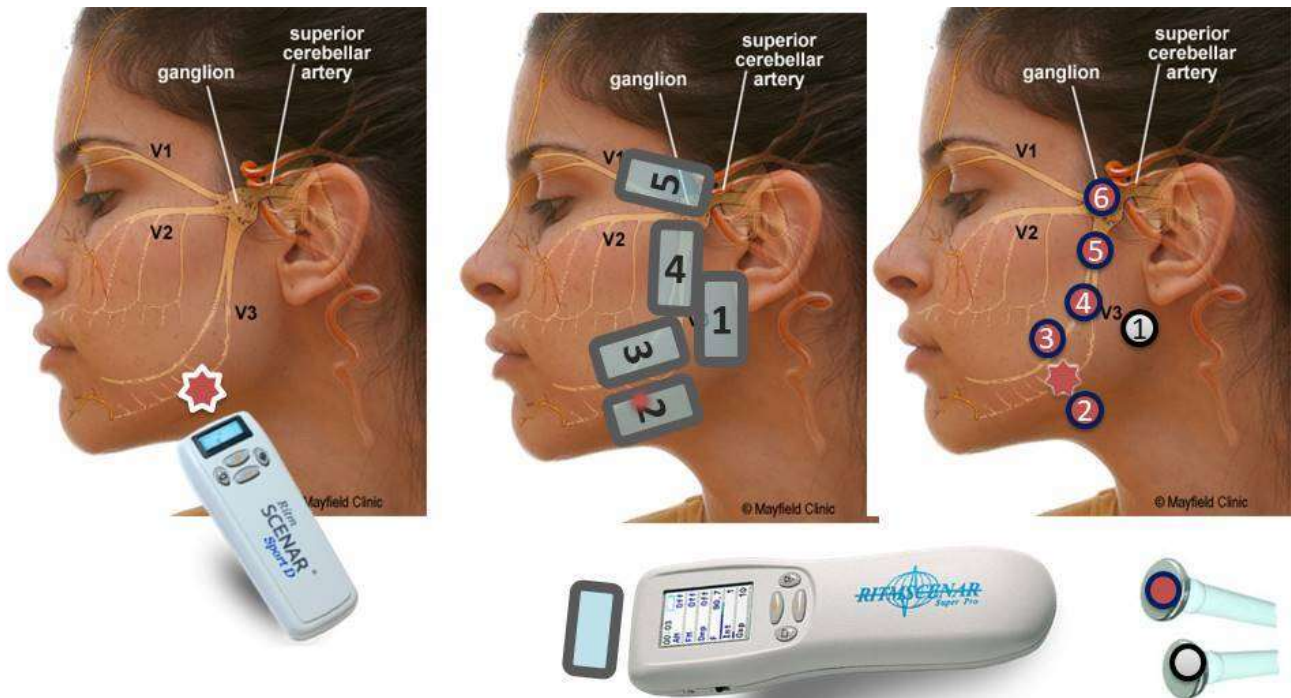
However, you should seek dental care when you have:

- Pain in a tooth, teeth, or jaw bone;
- Bleeding that does not stop;
- Painful swelling in the mouth or problems with wisdom teeth.

Although the only permanent solution is to visit a dentist, this is not always what can be done immediately during this difficult period of isolation.

SCENAR therapy is effective not only for acute dental conditions such as pulps, but also for periodontitis. In patients with periodontal disease and periodontitis, there is a decrease in odontorrhagia and tooth mobility, as well as delayed gum retraction.

Below are some SCENAR techniques that can help you relieve tooth pain while waiting for a visit to the dentist. And also, some SCENAR protocols will help speed up your recovery after tooth extraction.



Pic.1

Pic. 2

Apply SCENAR in two different directions:

1. **A method of treating an affected tooth** with electrode shaped to provide a substantial area of engagement with the tooth, and passing a direct SCENAR impulses through the tooth via said electrode
2. **A method of applying SCENAR electrodes to the skin projections.**

Use the built-in (coaxial) electrode of the device or Facial (Small) external electrode to work on the skin projections of the problem tooth.

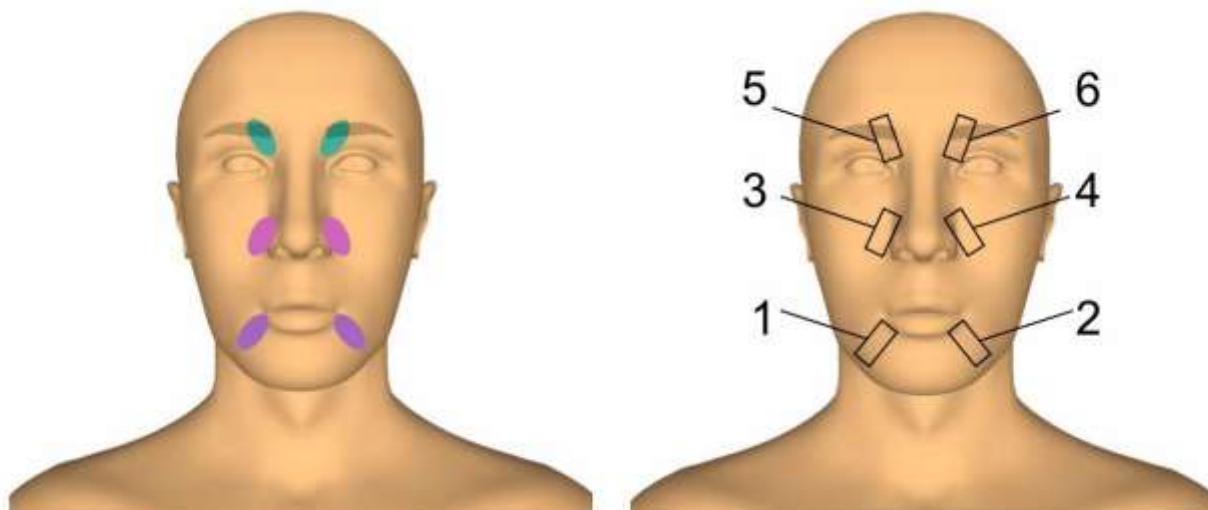
Place the built-in electrode on the most painful point. The skin should be clean.

Treat for 10-15 minutes every 1-1.5 hours.

For a persistent pain with severe edema, you can use a spaced facial electrode or pawns.

One of the electrodes is located under the ear at the corner of the lower jaw (marked 1), the second treats the zones indicated in the figure (marked 2-6).

For a persistent pain treat Collar zone (SCENAR TECHNIQUE “COLLAR ZONE”) and the exit points of the triple nerve branches of the zone of 6 points on the face (SCENAR TECHNIQUE “TREATING 6 POINTS ON THE FACE”).



SCENAR TECHNIQUE “TREATING 6 POINTS ON THE FACE”

“Six points” are the projection of the trigeminal nerve exit from the bones of the skull to the skin (see image above). SCENAR procedure is as follows: first treat the areas on the lower jaw (mental), then the infraorbital (under the eyes), and the last – supraorbital (above the eyes).

When working with the built-in electrode, it is better to start from the side with the local pain.

When working with the spaced electrodes place one of them on each pair of trigeminal nerve exit points. The treatment is symmetrical.

Device settings for Trigeminal exit points :

- F - 90 Hz;
- Int - 3 – 5;
- Gap for the coaxial electrode is 18, for the spaced electrode - 12;
- Energy - comfortable;
- The time of treatment with the built-in electrode is 1.5 - 2 minutes each point, the treatment with the spaced electrode is 2 minutes each pair of points.

Home device Settings

Acute pain:

1. FM at the beginning of the procedure locally at the point of pain.
2. F = 90 Hz, labile - moving the electrode from the point of pain to the nerve pathway.
3. If using a spaced electrode, place one pawn on point 1 (Fig. 2), and the second on the pain point (F = 90).
4. Energy - threshold of tolerance.
5. The treatment time is 10 -15 minutes.

SCENAR Pro device Settings

1. Use Preset:
 - a) Anti edema locally on the spot of the inflammation and lymph nodes.
 - b) *LoFM* - (F-15Hz + Int-3),
 - c) Anti-edema labile *SubAcute* (F = 30, Int = 5)
 - d) Analgesic *HiFM* (F-180Hz + Int-5,)
2. Energy – comfortable.
3. Treatment Duration - 15 minutes; repeat daily as needed.

Before and after the tooth extraction

- **Before the extraction**
 1. Home Device – F=340 Hz
 2. Pro Device – preset “*Acute Trauma*” or 180 Hz + Int=7
 3. The treatment time 2-3 mins locally at the projections of the bad tooth.
- **After the extraction**
 1. Home Device – F=340 Hz
 2. Pro Device – preset “*Acute Trauma*” or 180 Hz + Int=7
 3. The treatment time 2-3 mins locally at the projections of the extracted tooth.
 4. Dentists (!) use an external electrode to treat on the sides of the hole after the tooth extraction.

Complications After the Dental Treatment

After visiting the dentist office, you can experience:

- Pain and swelling in the gums and tooth hole where the tooth was extracted.
- Difficulty or pain when opening the jaw (trismus).
- Slowly healing gums.

Use SCENAR Pro device to reduce the pain associated with the rehabilitation after the dental procedures.

To fight the stress and to increase the immune response, you should perform:

- Leading syndrome - stress: SCENAR TECHNIQUE “TREATING 6 POINTS ON THE FACE” IDR.
- Leading syndrome - edema: the above procedures + SCENAR TECHNIQUE “PIROGOV’S RING” SDR.

Another very common complaint that SCENAR has great success with is **Temporomandibular Joint syndrome**. This condition has earned the nickname of “The Great Imposter” because it produces such a wide variety of symptoms and mimics so many different diseases. It can cause facial and neck pains, difficulty opening the mouth or chewing, earaches and congestion, sinus pain (often diagnosed as infections), headaches, and shoulder pain. Often there is no pain, only dizziness, tinnitus (ear ringing), and/or hearing loss.

Take painkillers as prescribed by your dentist. SCENAR treatment is sanogenetic in nature, does not aim at the abolition of pharmacological medication at the stage of complex exposure.