PRE AND POST SURGERY PROTOCOL

This is a general description of medications, treatments and supplements useful for enhancing healing after surgery, decreasing adhesion formation at the incision site, and decreasing your pain. Your physician will design a protocol for that may include only some of these supplements or others depending on your individual health needs.

1 week before surgery: Eliminate alcohol and take the following:

- Vitamin C
- Zinc
- Flavonoids
- Vitamin A
- Multivitamin
- Liver support

Vitamin A, C, zinc and flavonoids are nutrients essential for wound healing. Liver support is recommended to protect the liver against toxic effects of the anesthetic and enhance recovery from the anesthetic.

2 days before surgery:

- Arnica 30C

This is a homeopathic remedy for bleeding, bruising and trauma.

As soon as possible after surgery:

- Arnica 30C

For 1 week after surgery follow pre-surgery protocol and drink at least 8 glasses of filtered water every day.

- Thiosinaminum 30C

This is a homeopathic remedy to prevent adhesions.

After the incision has healed:

- Castor Oil Pack

Apply castor oil pack to area of scar three times per week
(See attached handout for directions)

Contrast Hydrotherapy over area of scar once per day (see attached handout for directions)