

POST-OPERATIVE HEALING SUPPLEMENTS

To support your body's natural healing potential, these dietary supplements are available at Whole Foods, Mother's, Sprouts and drugstores such as CVS, Rite Aid and Walgreens.

Arnica Montana 30x

Arnica is an herb from Siberia and Central Europe.

Function: A natural remedy used to relieve pain from joint and muscle soreness, bruising, swelling, stiffness, backache, and fatigue, and to speed recovery for everyday pain and acute injury.

1. Begin taking Arnica Montana 30x (Hyland's if possible) immediately after your surgery and continue taking until bruising and swelling has subsided (typically 5-7 days).
2. Recommended dosage: 4 tablets, 4 times per day
(Important: Place tablets under the tongue and let them dissolve naturally.)
3. Do not brush your teeth, eat, or drink anything but water for 15 minutes before and 15 minutes after taking Arnica.

Bromelain plus Quercetin or Turmeric

Bromelain is an enzyme naturally found in pineapple that is known to reduce inflammation and bruising.

Quercetin is a type of flavonoid with strong anti-inflammatory and antioxidant properties that is effective for surgery and as a dietary supplement.

Turmeric is a natural anti-inflammatory and antioxidant that may be used as an alternative to Quercetin.

Function: A natural remedy used to relieve swelling and inflammation, muscle soreness, osteoarthritis, poor digestion, and effects of cancer treatment.

1. Begin taking Bromelain plus Quercetin 3 days prior to surgery and continue until inflammation has subsided (typically 5-7 days).
2. Take Bromelain between meals, preferably on an empty stomach (For example: upon wakening, late morning and late afternoon).
3. Recommended Bromelain dosage: 2 capsules, 3 times per day
4. Recommended Quercetin dosage: 2000mg, 3 times per day
(Continue as a 2000mg supplement daily.)

If taking Turmeric with Bromelain instead of Quercetin, follow the instructions for Bromelain above and:

1. Begin taking Turmeric the day of surgery and continue for 4 days.
2. Recommended dosage: 1000 mg, 2 times per day

Vitamin C

Vitamin C (ascorbic acid) is found naturally in fresh fruits and vegetables, especially citrus fruits, and is necessary for the growth, development and repair of all body tissues. It supports many body functions including formation of collagen, absorption of iron, immune system support, wound healing, and maintaining healthy cartilage, bones and teeth.

Function: A natural antioxidant

1. Begin taking Vitamin C after your surgery and continue for 4 days.
2. Recommended dosage: 2000mg per day