

# Surgery Protocol

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## Homeopathic Remedies:

Purchase a bottle of Arnica 30x from Hylands at Brighter Day  
Also purchase a bottle of Calendula 30c from Boiron at Brighter Day

Just before you get put under anesthesia – when you have your last moment of control take a dose 4 pellets of Arnica and put them under your tongue – let them dissolve in your mouth. Give the bottle to your significant other and when you first get out of surgery have that person put 4 pellets under your tongue again. Repeat the dose every 2 to 3 hours for the 1<sup>st</sup> day of recovery.

Day 2 take a dose 4x a day

Day 3 switch the remedy to Calendula 30c and take a dose 3x a day – do this for the next week.

Week 2 take a dose 2x a day – Week 3 take a dose 1x a day

## Pre Surgery Nutritional Loading

The week before increase your intake of vitamin C to 1 gram 3x a day. I really like the Emergen C fizzy packets. They taste good and get vitamin C right into your system. If you don't want to use them get Now Brand Ester C 500 with 200mg bioflavonoids and take 2 – 3x a day.

Take a 10,000iu Vitamin A capsule – Fish Oil A - Now Brand is good and inexpensive– take 2 a day

Take 30 mg of Zinc – Now Brand Opti-Zinc 30 mg is good – take 1 2x a day with meals

## Post Surgery Healing:

Take the vitamin C – 1 gram 3x a day – the same

Take the same amount of vitamin A for the 1<sup>st</sup> week – 2 a day – then drop it to 1 capsule a day

Take the same of Zinc 2 a day for the 1<sup>st</sup> week then drop to 1 a day after

Add Vitamin E 400iu's – take 1 a day use the Natural Mixed Tocopherols – Now Brand Gamma E – is one of my favorites.

Herb Pharm or Gaia Herbs – Gota Kola extract – take 1 eyedropper full 3 – 4x a day – do this for 2 weeks - put in a little water ( Gotu Kola helps with connective tissue healing and prevention of scar tissue forming ). After 2 weeks you can reduce the dose to 2 – 3x a day for the rest of the healing.

Increase the protein content of the diet during the recovery – Whey protein shakes are great!

Eat lots of frozen blueberries during the recovery period – the flavanoids in the blueberries really helps “glue” you back together – it helps the connective tissue re-connect

The E helps prevent scar tissue

The A helps the tissue of the uterus and helps prevent infection

Zinc along with vitamin C are the wound healing vitamins and minerals.

The homeopathic remedy Calendula helps post surgical pain and prevents scar tissue from developing. The Arnica helps prevent the shock to the body of the surgery and prevents the “bruised feeling” and prevents bleeding during surgery.