



Pre and Post Surgery Protocol

Homeopathy

A dose is 2 pellets under your tongue and let them dissolve.
Take at least 20 minutes away from food or beverage, other than water.

Pre-surgical

The day before surgery:

- Phos. 30C - 3 doses in the 12 hours preceding surgery, helps to reduce bleeding.
- Arn. 30C - 3 doses in the 12 hours preceding the surgery, to encourage healing.
- Staph. 30C - before bed, to reduce pain and speed healing.

Post-surgical

The day after the surgery:

- Arn. 30C - 4 doses during the first 24 hrs. To encourage wound healing and reduce the risk of bleeding.
- Staph. 30C - 2 doses during the first 24 hrs. to reduce pain and speed healing.

If there is bleeding - Phos. 30C, once an hour until bleeding stops, can take every 5 minutes if severe.

If there are sharp pains - Hypericum 30C once every 1/2 hour until pain is resolved.

Supplements

Pre-surgical (2 weeks before & after surgery)

- Zinc - 50 mg. a day in divided doses
- Copper - 3 mg. a day at a different time than the zinc, to balance the zinc.
- Vit. A or Beta-Carotene - 50,000 I.U. a day
- Quality multivitamin with minerals, continue after the surgery.
 - Check your multi for the nutrients listed above. If there is enough you don't need to add more.

Post-surgical

- Comfrey tea - drink 2-3 cups a day to help rebuild the tissues and speed the wound healing. Root and leaf together is best, although either will do if you can't get both, 1 tsp. of dried herb per cup of hot water. Steep for 5 minutes.
- Inflammation - 2 capsules 3 times a day, away from food, take for 30 days post-surgery to encourage healing, modulate inflammation, and decrease scar tissue build-up.

Homeopathic remedies and supplements can be ordered at <http://us.fullscript.com/welcome/wellgi>
You receive a **25% lifetime discount on all products** in the dispensary.