

PREPARATIONS FOR SURGERY

PRE-SURGERY

1. If you smoke, stop! Smoking delays all aspects of healing.
2. Make sure your diet is healthy and balanced. Avoid junk foods, sweets, alcohol, and bad fats (hydrogenated oils and deep fried foods).
3. Medications to avoid before surgery:
 - a. Non steroidal anti-inflammatory agents e.g. Ibuprofen (Motrin, Advil, etc), aspirin, Aleve, Nuprin, Orudis, etc.
These meds decrease the ability to clot and may cause excessive bleeding or bruising during or after surgery. Stop at least 2 weeks prior to surgery. For this same reason, these are helpful following surgery to inhibit platelet aggregation and the development of abnormal blood clots. Consult with your surgeon.
4. Supplements to avoid (1 week pre-surgery)
Vitamin E, Fish Oils, Flax oil, Gingko Biloba. Stop 2 weeks prior.

SUPPLEMENTS TO USE BEFORE SURGERY

1. **Vitamin C.**
Take at least 1000mg twice per day for 1 week prior to surgery. This enhances the healing of wounds and connective tissue. Emergen-C packets will provide added electrolytes.
2. **Neprinol (Proteolytic Enzymes)**
Helps decrease swelling and bruising, acts as a natural anti-inflammatory, and speeds recovery and tissue repair. 3 capsules 2 times per day. Begin 3 days pre-surgery.
IMPORTANT: MUST BE TAKEN at least ½ BEFORE OR 2 HOURS AFTER EATING.
3. **Co-enzyme Q-10**
Take 100 mg per day for 7 days prior to surgery which protects against free radical damage to the body's tissues.
4. **Trillium homeopathic remedy**
Only necessary for surgeries which might cause excessive bleeding. See handout.
5. **Zinc**
50mg per day for 10 days prior to surgery. Copper, manganese, and selenium are also important co-factors as building blocks for glutathione (anti-oxidant system of the body).
6. **If you are having general anesthesia:**
Take **Glutathione Recycler** (with Milk Thistle Seed extract) 1 day before and day of surgery
2 capsules 2x per day
7. **Arnica 30c and Hypericum 30c and/or Traumeel (all homeopathic)**
Take one dose of each at the last practical time before surgery

SUPPLEMENTS TO USE AFTER SURGERY

1. Arnica 30c and Hypericum 30c and/or Traumeel

For pain management. One dose every 2 hours following surgery (if practical) for the first day, then 3-5 times per day as many days as necessary. Arnica and Traumeel help with pain and swelling. Hypericum helps decrease nerve pain associated with incisions.

2. Vitamin C.

Take at least 500-1000 mg 3 times per day for 2 weeks following surgery. You may want to continue with 500mg 2-3x per day for the following 2 months.

3. Neprinol (Proteolytic Enzymes)

3 capsules 2-3 times per day for 1 week

IMPORTANT: MUST BE TAKEN at least ½ BEFORE OR 2 HOURS AFTER EATING.

4. Co-enzyme Q-10

100 mg per day for 7 days after surgery.

5. Zinc

30 mg per day for 4 weeks following surgery.

6. Glutathione Recycler (with Milk Thistle Seed extract)

2 capsules 2x per day for 1 week following surgery.

7. Trillium homeopathic remedy

If indicated for excessive bleeding, See handout.