



Pre and Post Surgery Protocol

1 Week Prior to Surgery:

Discontinue any herbs and supplements that have “blood-thinning” (anticoagulant, antiplatelet) effects. These herbs may include angelica, anise, asafetida, bogbean, boldo, capsicum, celery, chamomile, clove, danshen, fenugreek, feverfew, garlic, ginkgo, ginger, ginseng (Panax), horse chestnut, horseradish, licorice, meadowsweet, prickly ash, onion, passionflower, poplar, quassia, red clover, turmeric, wild carrot, wild lettuce, willow, and others. Other supplements with “blood-thinning” properties include bromelain, papain, Vitamin C, fish oil, flax oil, etc. Aspirin should also be discontinued.

Also discontinue any herbs and supplements that have CNS depressant or stimulant effects. These herbs may include calamus, calendula, California poppy, cannabis, catnip, capsicum, celery, cocoa, coffee (and caffeine), cola nut, couch grass, elecampane, ephedra/Ma Huang, ginseng (Siberian), ginseng (Panax), German chamomile, goldenseal, gotu kola, guarana, hops, green tea (or black tea), Jamaican dogwood, kava kava, lemon balm, mate, sage, St. John’s Wort, sassafras, skullcap, shepherd’s purse, stinging nettle, valerian, wild carrot, wild lettuce, ashwaganda root, and yerba mansa, etc. Other supplements with CNS depressant or stimulating effects include L-tryptophan, L-tyrosine, L-phenylalanine, SAME, melatonin, etc.

Generally medications with CNS depressant or stimulant effects would also include anxiolytic drugs (lorazepam, diazepam, etc.), antidepressants such as MAO inhibitors, tricyclics and SSRIs (Prozac, Paxil, Xanax, Celexa, Zoloft, etc.), as well as others. However, these drugs should not be abruptly discontinued (their dosage must be decreased gradually over several weeks). **Consult your prescribing physician about discontinuing any prescription pharmaceuticals.**

2 Days Before Surgery:

Arnica 30C: 3-5 pellets under tongue twice a day. Let dissolve. Continue until wound is healed.

Note: This is a homeopathic remedy for bleeding, bruising and trauma and will minimize these effects due to surgery.

Phosphorus 30C: 3-5 pellets under tongue twice a day. Let dissolve. Continue until 2 days post surgery.

Note: This is a homeopathic remedy for minimizing the adverse effects of anesthesia and preventing hemorrhage.



Methylcobalamin (B12): Come in and get an Intramuscular injection of 5,000 mcg/mL of methylcobalamin 1-3 days before surgery.

Note: this is to prevent depletion of B12 by anesthesia.

As Soon as Possible After Surgery:

Thio 30C: 3-5 pellets under tongue twice a day. Let dissolve. Continue until wound is healed

Note: This is a homeopathic remedy to prevent adhesions.

Reacted Zinc: 1 cap a day

Zinc helps with wound healing and bolsters immune system.

Manuka Honey: (either MediHoney or ManukaHD) sterile hydrocolloid bandages will help incisions heal much faster and better than any other application. You can apply yourself or have the sterile dressings applied at Element 7 Wellness or another healthcare professional. We have those available in our dispensary. Cut to size and cover with Tegaderm (waterproof). Tegaderm is available at most pharmacies. We also have this available in our dispensary.

Phytoprofen: 2 days after surgery, start 3 caps three times/day as anti-inflammatory and analgesic. Also, starting contrast hydrotherapy at this time is advisable. (handout on contrast hydrotherapy available).

OR

UltraPhytocomfort: for pain - 2-3 caps up to 4 times a day. This has blood thinning nutrients, so do not take until incision is closed (at least 4 days after surgery).

When Incision is Healed:

Manuka Aloe cream: apply daily until scar is moving well over the subcutaneous tissue and is fully healed.

Apply castor oil packs to area of scar three times per week (see Castor Oil Pack handout for details).

Massage or acupuncture may be done to prevent or break up adhesions. Counterstrain can help w/ circulation and function post-surgery.