HOMEOPATHIC SUPPLEMENTS TO REDUCE BRUISING AND SWELLING

Arnika Forte — The only combination of arnica Montana, Bromelain and grape seed extract shown to speed the healing time allowing for a faster recovery from bruising, swelling, and pain associated with soft tissue injuries. Start taking two capsules with 4oz. of water day after surgery for best results.

Bromelain — is an anti-inflammatory formula containing the proteolytic enzyme from the stems of pineapples. It is most often used after sports injuries, to relieve edema, and after surgical procedures to help with swelling. 800-1000mg Recommended: Two capsules per day for three days before and seven days after.

Arnica Montana — has been used in Europe for centuries to treat swelling, soreness and bruising. Arnica may significantly decrease healing time or the appearance of such (bruising, swelling, etc.). There is a stronger formulation that many plastic surgeons do recommend for their patients called Arnika Forte. This product contains a combination of Arnica, Bromelain and grape seed extract which you can buy at the office on your pre-op visit.

Vitamin C — is essential for normal healing. It is recommended to take at least one gram per day a week prior to surgery and continuing for several weeks after surgery.

Vitamin A — is essential to wound healing and the immune system. It is recommended to take a dosage of 10,000 IU per day (women that are pregnant should not take Vitamin A).

Acidophilus — If you find yourself feeling tired after surgery you may want to get an Acidophilus supplement to prevent yeast infections and fatigue.

Protein — Also up your protein intake and watch your sodium.

Water — Drink plenty of water after surgery.

Iron supplements — Take two tablets once a day. Start taking this supplement at least two weeks prior to surgery to be as healthy as you can be for a faster recovery.

Stop taking two weeks before surgery — Vitamin E supplements over 500mg, Garlic, EPA, Hawthorn berry and selenium supplements prior to surgery. These supplements decrease the ability to clot normally.