

## **Suggested Supplements to Aid in the Healing Process**

**Arnicare Gel 2.6 oz:** Apply a thin layer of Arnicare Gel to bruising site and massage gently as soon as possible after surgery. Repeat 3 times a day or as needed. For external use only. Avoid contact with eyes, mucous membranes, damaged skin, or wounds. When using this product do not bandage tightly or use a heating pad.

**Arnica Montana 30c:** Dissolve 5 pellets under your tongue 3 times daily. Do not eat or drink anything for 15 minutes before and after you take Arnica Montana. From the plant Arnica Montana, this homeopathic supplement stimulates white blood cell activity, which breaks down congested blood and fluid in the tissue. The benefits include reducing pain, swelling and discoloration from bruising and faster healing of the soft tissue injury.

**Bromelain 500 mg daily:** Bromelain is an enzyme extract derived from the stems of pineapples, although it exists in all parts of the fresh pineapple. The extract has a history of folk medicine use. As an ingredient, it is used in cosmetics, as a topical medication, and as a meat tenderizer.

**Folic Acid (folate or Vitamin B-9) 800 mcg daily:** A water-soluble vitamin that works with Vitamin C. It is necessary for the production and function of red blood cells, tissue growth and regeneration.

**Rutin 500 mg daily:** A natural bioflavonoid, this water-soluble compound exists naturally in citrus. It protects and strengthens our blood vessels and improves permeability for proper absorption of Vitamin C. Rutin also enhances the action of Vitamin C. The benefits include decreasing inflammation and boosting antioxidant properties, which is helpful for those who bruise or bleed easily.

**Vitamin C (Ascorbic Acid) 1000mg daily:** This water-soluble vitamin is necessary for the production of collagen, which acts as a scaffolding for our body. It is an antioxidant, which helps block the damage of free radicals. The body does not manufacture Vitamin C, nor does it store it, therefore, you are required to obtain it through food sources and supplements. The benefits of Vitamin C are wound healing and tissue regeneration.

**Continue all supplements, Post-Operatively, for 5 to 10 days, according to how you reacted to the surgery. These supplements can be found at your local health food store such as: GNC, Whole Foods, Sprouts and Cost Plus Nutrition.**