Naturopathic Recommendations / for pre-surgical care and recovery optimization

The following suggestions will make use of natural therapeutics to aid in your recovery from surgery.

Pre-Surgery Care

- Vitamin C injection: will help saturate the tissue to facilitate healing. Ideally a full Mega C drip should be received. If this is not possible at least an Intra-venous push could be had. Don't do Vitamin C the day of your surgery because it will increase bleeding, but it is OK to use one to two days before.
- Vitamin C: It is important for all tissue healing. 3 grams a day for a few weeks pre surgery, stop the day before.
- "Last Meal": Be sure to have a high protein meal as the last meal before your pre-surgery fast to provide your body with the necessary building blocks to recovery.

Post-Surgery Care

- Traumeel: Always make use of Arnica homeopathic or Traumeel. Traumeel comes in drops or creams. The drops are good because they can be given to you as you come out of surgery, just by wetting the lips. Try to take about 10 drops every hour for the first day then 10 drops 5X day for the second and then 3X a day afterwards. If the recovery is difficult more frequent doses can be used. Once wounds are past the acute phase, Traumeel cream can be applied topically. It is also helpful to take a dose or two of traumeel on the day of surgery.
- San Qi 17: These are TCM herbs that are traditionally used for the healing of any injured tissues and are perfect for surgeries which are actually injured tissue. They work on the TCM principle of moving blood and energy into injured areas. Begin these only once the digestive system is stable and can tolerate solid foods, as the herbs are rich and may cause stomach discomfort.
- Hepatica: Liver cleansing is helpful in clearing the body of anesthetic toxins. Take 10 drops 3x/day in water or juice.

Have a positive attitude and intention about your surgery. Have confidence in your decision and your surgeon.

Hypnosis is also helpful.

All of the recommended products are available at Integrative Naturopathic Medical Centre.

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