

PRE/POST OPERATIVE VITAMIN AND MEDICATION REGIME

You will likely get prescriptions for pain medicine, antibiotics and anti-nausea medication. These should be filled before surgery but are to be used after surgery.

We also suggest the following supplements:

Arnica Montana Traditional Arnica can be used instead for 2 weeks before and after surgery.

Bromelain: Take 1000 mg 3 times a day. These should also be taken 2 weeks prior to surgery and 2 weeks post surgery.

Arnika Forte: An Arnica Montana/Bromelain combination. Taken twice a day starting two days before surgery, it is continued for four days after surgery and is usually available in our office

AND

Vitamin C 1000mg: Take 2 weeks prior to surgery. Vitamin C should be increased to 5000 mg a day if you are a smoker.

Vitamin B Complex: Take 2 weeks prior to surgery.

NO ASPIRIN, IBUPROFEN, VITAMIN E and NO ALCOHOL or SMOKING:

Please discontinue use two weeks prior to surgery. Be sure any medications you are presently taking do not contain Aspirin, Ibuprofen, Motrin, Advil, Exedrin or Alleve. You will be provided a much longer and comprehensive list. Some supplements will also need to be stopped.

Tylenol is the only pain medication you may take before surgery.

THE DAY BEFORE YOUR SURGERY:

Please refrain from eating or drinking after 12 midnight. Nothing at all when you wake up on the day of surgery (i.e. no water, coffee or orange juice).

You **MUST** Arrange for someone to drive you home after surgery. You will be asked to provide the contact information for this person. Someone **MUST** also stay with you for at least the first night after surgery

THE DAY OF YOUR PROCEDURE:

- Please leave your personal belongings at home. (no watches, jewelry, etc)
- Wear a loose shirt that buttons or zippers and wear loose sweat pants and slip on shoes.
- Bring only your Pain and your Nausea medication with you the day of the procedure.
- Take the antibiotic medication that evening and the nausea medication as needed.