

## **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.