

Pre and Post Surgery Protocol

- Supports Healing
- Increases Connective Tissue Strength
- Decreases Scarring
- Supports Liver to Clear Anesthesia

One Week Prior to Surgery: support connective tissue and healing potential

- Vitamin C, 1g two or three times a day depending on bowel tolerance.
- Gotukola, 50-100mg three times a day
- Bilberry or Hawthorn, 120-240mg three times a day, Solid Extracts are best
- If you have no risk of liver disease add the following to decrease scarring
 - o Vitamin A, 100,000 IU per day
 - o Zinc, 50mg per day
 - o Copper, 2mg per day

Two to Three weeks Post Surgery: decrease inflammation and scarring, support the liver

- Continue with the above supplements add the following
- Homeopathic Arnica, 6c at least three times a day
- Bromelain, 500mg three times a day away from meals
- Silymarin (Milk Thistle), 150mg three times a day

These are a lot of supplements, if you are not able to take all of them either because it is hard for you to swallow pills or because of the cost involved just do as much as you can. Of the above I would say that the Vitamin C, Gotukola, and Arnica are the most important if you have to choose. After the surgery, start taking these supplements as soon as is feasible. If it takes a couple of days before you are well enough to take the supplements don't worry, just start as soon as you can. As with any supplements, please check with your doctor to make sure they do not interfere with any current medications.

If you have any question or would like more details on why these supplements are recommended please contact me at Roberto@kumoacupuncture.com or by phone at (503) 318-9490. I can also offer suggestions on specific suppliers that carry these products, and with enough time in advance can order them for you.