

FOR OPTIMAL HEALING AFTER SURGERY

My experience has shown that by taking these 2 supplements after a surgical procedure, there will be very little, if any, swelling, discoloration, and pain after surgery. Most do not need to take prescription pain medication. Healing occurs in about half the time.

Follow the surgeon's standard post-surgical instructions, but also take these 2 supplements (available from my office for your convenience):

1. Intenzyme Forte (a combination of proteolytic enzymes from Biotics Research)

- Take 10 tablets before surgery (unless general anesthesia is used which requires you have an empty stomach for 12 hours before surgery), otherwise take as soon as possible after surgery
- Then take 5 tablets about every 6 hours for 5 days.

IMPORTANT: Be sure to take only on an **empty stomach** (i.e. take 1 ½ hours after and/or before a meal)

(If you are unable to get Intenzyme Forte, you could substitute a bromelain supplement from a nutrition store. **WARNING:** Do not take bromelain or Intenzyme Forte if you are **allergic to pineapple**)

2. Homeopathic Arnica, 30C or higher

- Take 2-3 pellets before surgery (unless general anesthesia is used which requires you have an empty stomach for 12 hours before surgery), otherwise take as soon as possible after surgery
- Then take 2-3 pellets every hour or so until bedtime
- Then take 2-3 pellets 3-4 times a day for the next 3 days