

# Peri-Operative Support Protocol

## 1. 14 days prior to surgery

- a. Diet: Avoid tobacco, caffeine, alcohol, simple sugars, saturated fats
- b. Nutritional Supplementation
  - 1. Vitamin C: 1000 mg twice daily with food
  - 2. Zinc (picolinate preferred): 30mg twice daily with food
  - 3. Good quality multiple vitamin
  
  - 4. Add \_\_\_\_\_  
\_\_\_\_\_

## 2. 7 days prior to surgery

- a. Continue on diet and nutritional supplementation
- b. Homeopathic Medicine: Traumeel apply topically daily to surgical area

## 3. Day of surgery

- a. Stop nutritional supplementation day of surgery
- b. Homeopathic medicine: Arnica 30c or higher: 2-3 doses

## 4. Day 1-Day 14 post-surgery

- a. Diet: Avoid tobacco, caffeine, alcohol, simple sugars, saturated fats
  - b. Continue with nutritional Supplements
    - 1. Vitamin C: 1000 mg twice daily with food
    - 2. Zinc (picolinate preferred): 30mg twice daily with food
    - 3. Good quality multiple vitamin with food
    - 4. Add:
      - 1. Bromelain: 1000 mg three times daily between meals
      - 2. Fish oil (1000 mg EPA/DHA) twice daily with food
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## 5. Day 14 and beyond

- a. Continue with pre-procedural maintenance level of nutritional supplementation
- b. Homeopathic medicine as needed