

Surgery Protocol

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Homeopathic Remedies:

Purchase a bottle of Arnica 30x from Hylands or 30c from Boiron at Brighter Day

Also purchase a bottle of Calendula 30c from Boiron at Brighter Day

Arnica 30x or 30c - Just before you get put under anesthesia – when you have your last moment of control take a dose 4 pellets of Arnica and put them under your tongue – let them dissolve in your mouth. Give the bottle to your significant other and when you first get out of surgery have that person put 4 pellets under your tongue again. Repeat the dose every 2 to 3 hours for the 1st day of recovery.

Day 2 take a dose 4x a day

Day 3 switch the remedy to Calendula 30c and take a dose 3x a day – do this for the next week. Week 2 take a dose 2x a day – Week 3 take a dose 1x a day

Pre Surgery Nutritional Loading

The week before increase your intake of vitamin C to 1 gram 3x a day. I really like the Trace Minerals PowerPak 1200mg C fizzy packets. They taste good and get vitamin C right into your system. If you don't want to use them get Now Brand Ester C 500 with 200mg bioflavonoids and take 2 – 3x a day.

Terry Naturally – Grape Seed Extract 150mg – 1 – 3x a day – *see info below in post surgery healing*

Take a 10,000iu Vitamin A capsule – Fish Oil A - Now Brand is good and inexpensive– take 2 a day

Take 30 mg of Zinc – Now Brand Opti-Zinc 30 mg is good – take 1 2x a day with meals

Post Surgery Healing:

Take the vitamin C – 1 gram 3x a day – the same

Terry Naturally Grape Seed extract 150mg – 1 – 3x a day (this helps “glue you back together”) it’s great support for connective tissue healing and reducing swelling, bruising and inflammation.

Take the same amount of vitamin A for the 1st week – 2 a day – then drop it to 1 capsule a day

Take the same of Zinc 2 a day for the 1st week then drop to 1 a day after

Add Vitamin E 400iu’s – take 1 a day use the Natural Mixed Tocopherols – Now Brand Gamma E – is one of my favorites.

Herb Pharm or Gaia Herbs – Gota Kola extract – take 1 eyedropper full 3 – 4x a day – do this for 2 weeks - put in a little water (Gotu Kola helps with connective tissue healing and prevention of scar tissue forming). After 2 weeks you can reduce the dose to 2 – 3x a day for the rest of the healing.

If you want to super boost the healing also use - Natural Factors - Bio-Sil is excellent for also helping to prevent scar tissue - it enhances collagen

Available in liquid (terrible taste - fishy) 5 drops 2x a day (but its 50% cheaper) or capsules 1 - 2 a day

Collagen Peptides 12 grams a day or Collagen Hydrosalate 24 grams a day is excellent support for tendons, ligaments and tissue repair - 1 dose 6 grams of the peptides or 12 grams of the Hydrosalate - 2x a day.

More info:

Eat lots of frozen blueberries during the recovery period – the flavonoids in the blueberries really helps “glue” you back together – it helps the connective tissue re-connect

The E helps prevent scar tissue

The A helps the epithelial tissue heal and helps prevent infection

Zinc along with vitamin C are the wound healing vitamins and minerals.

The homeopathic remedy Calendula helps post surgical pain and prevents scar tissue from developing. The Arnica helps prevent the shock to the body of the surgery and prevents the “bruised feeling” and prevents bleeding during surgery.