



Ocean Park Natural Therapies

200 - 12761 16th Ave. Surrey, BC V4A 1N2 Canada

T (604) 538 - 3017 F (604) 538 - 3027

PRE- AND POST-SURGERY PROTOCOL

This is a general description of medications, treatments and supplements that are useful for increasing wound healing after surgery, as well as for decreasing the formation of adhesions around the incision site. Your physician will design a protocol for you that may include only some of these supplements or others, depending upon your individual health needs.

At 6-8 Weeks Prior to Surgery:

Eliminate alcohol.

Vitamin C _____

Zinc _____

Catechin _____

Vitamin A _____

Multivitamin/mineral _____

Liver support _____

Note: Vitamins A and C, zinc and catechin are nutrients essential for healing wounds. Liver support is recommended to protect the liver against the toxic effects of the anesthesia and to help the liver clear these toxins quickly.

1-2 Weeks Prior to Surgery:

Discontinue any herbs and supplements that have “blood-thinning” (anticoagulant, antiplatelet) effects. These herbs may include angelica, anise, arnica, asafetida, bogbean, boldo, capsicum, celery, chamomile, clove, danshen, fenugreek, feverfew, garlic, ginkgo, ginger, ginseng (Panax), horse chestnut, horseradish, licorice, meadowsweet, prickly ash, onion, passionflower, poplar, quassia, red clover, turmeric, wild carrot, wild lettuce, willow, and others. Other supplements with “blood-thinning” properties include bromelain, papain, Vitamin C, fish oil, flax oil, etc.

Also discontinue any herbs and supplements that have CNS depressant or stimulant effects. These herbs may include calamus, calendula, California poppy, catnip, capsicum, celery, cocoa, coffee

(and caffeine), cola nut, couch grass, elecampane, ephedra/Ma Huang, ginseng (Siberian), ginseng (Panax), German chamomile, goldenseal, gotu kola, guarana, hops, green tea (or black tea), Jamaican dogwood, kava kava, lemon balm, mate, sage, St. John's Wort, sassafras, skullcap, shepherd's purse, stinging nettle, valerian, wild carrot, wild lettuce, ashwaganda root, and yerba mansa, etc. Other supplements with CNS depressant or stimulating effects include L-tryptophan, L-tyrosine, L-phenylalanine, SAMe, melatonin, etc.

Generally medications with CNS depressant or stimulant effects would also include anxiolytic drugs (lorazepam, diazepam, etc.), antidepressants such as MAO inhibitors, tricyclics and SSRIs (Prozac, Paxil, Xanax, Celexa, Zoloft, etc.), as well as others. However, these drugs should not be abruptly discontinued (their dosage must be decreased gradually over several weeks). **Consult your prescribing physician about discontinuing any prescription pharmaceuticals.**

2 Days Before Surgery:

Arnica 30C

Note: This is a homeopathic remedy for bleeding, bruising and trauma and will minimize these effects due to surgery.

Phosphorus 30C

Note: This is a homeopathic remedy for minimizing the adverse effects of anesthesia and preventing hemorrhage. Tell your anesthesiologist all of the supplements, herbs and medications that you are taking at the time of your surgery.

As Soon as Possible After Surgery (Continue for 2 Days):

For 1 week after surgery follow the guidelines outlined in the section "At 6-8 Weeks Prior to Surgery" and drink a minimum of 8 glasses of filtered water daily.

Arnica 30C

Thio 30C

Note: This is a homeopathic remedy to prevent adhesions.

Phosphorus 30C

When Incision is Healed:

Vitamin E

Apply castor oil packs to area of scar three times per week (see Castor Oil Pack handout for details). Massage or ultrasound may be done to prevent or break up adhesions.

Resources

1. Previous Pre- and Post-Surgery Protocol handout
2. Gaby M.D., Alan.
3. Jellin JM, Gregory PJ, Batz F, Hitchens K, et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database. 4th ed. Stockton, CA: Therapeutic Research Faculty: 2002: pg. 245-249, 586-590, 1262-1264.