

The following program of diet, supplements, and herbal remedies will help to strengthen and nourish your body before surgery promoting a rapid recovery and minimizing infections and other complications. In addition to the physical work you will do, your mental attitude about yourself and your surgeon will also play an important role. Therefore, you should:

Build strong confidence in your surgeon and come to expect the very best result from your operation. To do this, you need to develop open and honest communication with the surgeon. Develop a positive attitude toward your surgery by removing fears and negative thoughts; expect the best.

Be well rested before the surgery and allow yourself plenty of rest following surgery.

#### **3 to 4 Weeks Prior to Surgery:**

Start your supplementation program. To increase wound healing, a good multiple vitamin which will provide at least a portion of the below plus other vital trace minerals and vitamins.

- **Zinc:** 50 mg a day in divided doses.
- **Copper:** 3 mg a day (to balance the zinc)
- **Vitamin C:** 10- 15 grams a day (or to bowel tolerance)
- **Vitamin A:** (or Beta-Carotene) 50,000 IU a day

#### **1 Week Before Surgery:**

If at this time you feel particularly anxious or fearful of the operation then take homeopathic Gelsemium 12c before bed.

Slowly reduce the multiple vitamin until it is discontinued the day prior to surgery.

Slowly reduce the Vitamin C to the level of 3-5 grams a day by the day before the surgery.

Slowly cut down on the amount of protein you are taking in (to reduce the work load of the gut).

#### **During the Week of the Surgery:**

##### **Diet**

**Days 1-6:** Do an inner cleansing diet of fruit and vegetables.

**The day of surgery:** Diet will depend upon the recommendation of the surgeon. If nothing specified then stay with vegetable or fruit juices throughout the day.

#### **Just Before and After Surgery:**

**Bromelain:** 3 capsules (each capsule is 500mg), three times a day on empty stomach for 2 days before and 10 days after surgery. (Bromelain lessens swelling and inflammation by "digesting away" tissue debris. Studies show shorter healing time.)

**Centella Asiatica:** 250 mg twice a day (Many research studies on healing after surgery show Centella lessens healing time and makes healed tissue stronger).

#### **As Soon as Possible After Surgery:**

**Arnica Montana: "30c"** - 4 pellets under the tongue every 1 to 3 hours according to degree of pain. Reduce the frequency of the homeopathic remedies to one dose 3 times daily for 3-5 days.

**Diet:** Fast on water or eat a liquid diet for at least 24 hours or until all nausea has passed and your hunger returns.

Begin a transition diet for 2-3 days (the same as in the earlier pre-surgery period).



As soon as simple foods are tolerated well and you have an appetite, add protein to your diet twice daily for one week.

The Vitamin C may be resumed and continued for two weeks following surgery.

Also, as soon as you are up to it, start taking the Zinc, Copper, Vitamin A (Beta-Carotene) again and continue these supplements for at least a month post-surgically.

### **Special Considerations for Abdominal Surgery:**

Often abdominal surgery causes the digestive tract to become sluggish. This can lead to constipation, gas, bloating and pain. The following suggestions are directed toward helping to alleviate these bowel problems.

#### **1 week Before Surgery:**

Garlic capsules: 1 capsule 3 times a day to help stimulate the intestinal mucosa. These should be discontinued the day before surgery.

**Day 1 After Surgery:** China 30c. 1 dose every 6 hours if there is great weakness and abdominal distention. Garlic capsules may be restarted on the second day after the surgery if you feel ready to start taking pills again.

#### **Breast Reconstruction Surgery:**

For breast reconstruction surgery where an implant is used, 400-600 IU of Vitamin E each day for a period of one year will help prevent post-operational spherical contractures around the implant.

#### **General:**

If you experience great fits of coughing after the surgery, take Antimonium Tart 30 c, once in the morning and again before bed. This will help loosen phlegm and relieve the trauma which may be induced during surgery.