

## Peri-Surgical Protocol for Homeopathic Arnica 30c

**Indications for Use: Bruising, Muscle Soreness, Helps to Speed Postoperative Recovery and Healing.**

**Dosing:** Dissolve 3 pellets under the tongue the *day before surgery*. Repeat 3 pellets the *day of surgery*. ***Immediately after surgery***, dissolve 3 pellets under the tongue, and continue taking 3 pellets, 4 times daily, up to one week after the surgical procedure.

**Pharmacology:** Sesquiterpene lactones (**primarily helenalin**) are responsible for the plant's: **anti-inflammatory, anti-ecchymotic, and analgesic** properties.

**Advantages:** Sublingual, Doesn't interfere with medications

### **Topical Arnica Cream or Gel:**

**Directions:** Apply Arnica Cream or Gel over affected area twice daily.

**Indications:** Provides topical **pain relief, reduces bruising, and muscle soreness**. **Caution:** Do ***not*** apply directly ***over incision***.