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“Incorporating Homeopathic Arnica in Peri-surgical Protocols to Reduce the Need for Narcotic Medication”

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Background

The Center for Disease Control and prevention, lists Pennsylvania as the **fourth highest state** in the nation with deaths due to overdoses. Opioids are being used for post-surgical pain, which is causing an addiction problem with a new demographic. Donald Burke, Dean of the University of Pittsburgh’s Graduate School of Public Health concluded, “a new epidemic is emerging involving middle-aged people who are prescribed narcotics and become addicted.”

This poster presentation makes a case for the introduction of Homeopathic Arnica to effectively reduce post surgical addiction.

History

Cosmetic surgeons in the Pittsburgh area have been recommending homeopathic Arnica to their patients with excellent results for over a decade. If Homeopathic Arnica can reduce pain and swelling associated with elective surgical procedures, then it should follow that it can reduce the need for prescription narcotics associated with all surgical procedures.

Pharmacology

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



Arnica Montana
(Mountain Daisy)

Homeopathic Arnica has been studied in conjunction with:

- Postoperative Pain & Edema
- Postoperative Ecchymosis
- Reduced Postoperative ibuprofen use in orthopedic surgery
- Postoperative Drainage
- Postoperative Hemoglobin Levels

Two studies show *no impact on bleeding* in a surgical setting: **No impact in blood coagulation & No increase in blood loss**

Advantages of Incorporating Homeopathic Arnica into Peri-surgical Protocols

- **Cost Effective** (a tube of homeopathic arnica retails between \$5-\$10)
- **No known Drug Interactions**
- **No side effects**
- **Safe:** Homeopathic Arnica is regulated as a homeopathic drug by the Food and Drug Administration
- **Sublingual** Route of Administration (Pellets are ideal for people with swallowing or digestive issues)
- **Does not cause drowsiness or sleepiness.** Important because the sedative properties of conventional medications increase the risk for falls.



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, four times daily, up to one week after the surgical procedure.