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### Pre- and Post-Surgery Recommendations

This protocol is very effective to minimize surgical trauma, decrease scar tissue formation, and promote rapid healing.

*The day before surgery:*

*Arnica 30C once a day*

*Following surgery as soon as possible:*

- *Arnica 30C up to three times a day for pain (often eliminates the need for pain medication)*
- *Thorne Research *Phytoprofen* 2 capsules 3 times a day at least one hour away from eating. Continue for three weeks (2 bottles).*

*As soon as bandages are removed:*

Apply Helios Pharmacy healing cream to the scar area