

## Before Surgery

- Ten days prior to your procedure try to avoid all medications that can thin your blood. Primarily aspirin, ibuprofen, advil, aleve and all non-steroidal anti-inflammatory medications.
- Stop taking any vitamins or herbal medications such as fish oil, vitamin E, garlic, ginko, etc.
- **Arnica Montana** homeopathic 30C  
Start taking *Arnica Montana* C30c dosage) at least two days prior to your procedure. Arnica is available in health food stores.
- **Arnica Montana** cream  
This cream is applied topically to reduce the appearance of bruising. Apply to bruised areas 3-4 times daily.
- **Bromelain** is an anti-bruising enzyme. Bromelin is found in pineapple. You can either start eating pineapple (1 cup twice daily) or you may purchase Bromelain over the counter. If you choose to purchase the pill medication, take 500mg two times on the day before procedure, and continue for five more days after.
- Don't forget ICE and ELEVATION

