Peri-Operative Protocol

Let us know how access to this document benefits you
Follow this and additional works at: http://jdc.jefferson.edu/jmbcim_protocols

Recommended Citation
http://jdc.jefferson.edu/jmbcim_protocols/1
Peri-operative Protocol

Before surgery:

1. Stop all herbs one week prior except those specifically indicated by your physician.
2. Stop all vitamin E supplements one week prior.
3. Zinc. 20-40 mg daily.
4. Vitamin A: 10,000 IU daily.
5. Vitamin C. 500 mg twice daily.
7. Anthroposophical medicines
   - Arnica 30x or Arnica / Stibium / Pyrite. 10 drops: 4 times daily. One week prior and one week after surgery.
   - Cardiodoron: 10 drops: 4 times daily. One week prior and one week after surgery.

After surgery:

A. Continue items zinc, vitamin A, vitamin C or switch to high potency multivitamin that contains these.
B. Continue grapeseed phytosome.
C. Bromelain (Inflazyme). 500 mg 2x daily.
D. Acupuncture
E. Massage