

## **RECOMMENDATIONS FOR FASTER RECOVERY**

The following products are available at Ozark Natural Foods in the Evelyn Hills Shopping Center in Fayetteville at 1554 N. College Ave. ( hwy. 71B). These products have been shown to reduce the amount of swelling and/or bruising people have after surgery which allows patients to recover more quickly, experience less discomfort and thus require less pain medication. Although Dr. Atwood is recommending them to you, their use is optional.

### **Arnica Montana**

Place five pellets under your tongue 3 times a day allowing them to dissolve and be absorbed. Please do not chew them or swallow them whole. They are most effective if allowed to dissolve and be absorbed directly into the bloodstream from under the tongue. You will need to take these for 5 days which should be all of your little blue vial.

If you are having outpatient surgery bring this with you the day of surgery and give them to the nurse in the pre-op area. She will tape them to the front of your chart and the recovery room nurse will give your first dose. The rest will be given back to you to take at home. At home your first dose will be the evening after surgery.

If you are having your surgery at the hospital please make your family aware they will need to give this to you starting when you get to your room.

**DO NOT** begin taking these before surgery.

### **Bromelain 500mg (Pineapple Extract)**

Take one twice a day beginning 2 days prior to surgery. If you would rather you may eat fresh pineapple or drink fresh pineapple juice instead. I do not know how much you would need to eat or drink to get the same effect. It should be noted however, if the pineapple or juice has been heated during processing or packaging it no longer helps with swelling. You may find it more convenient to take the Bromelain. Continue for 1 to 2 weeks post-op.