

Vitamedica Surgery Program

Directions for Use:

Please discontinue the use of all nutritional supplements while you are taking the Surgery Program. In particular, discontinue use of the following 2 weeks prior to surgery, and for 2 weeks after surgery:

▪ Bilberry ▪ Cayenne ▪ Dong quai ▪ Echinacea ▪ Feverfew ▪ Fish Oil Caps ▪ Garlic
▪ Ginger ▪ Ginkgo biloba ▪ Ginseng ▪ Hawthorne ▪ Kava Kava ▪ Licorice ▪ Root
Ma Huang (ephedra) ▪ Melatonin ▪ Red Clover ▪ St. John's wort ▪ Valerian ▪
Vitamin E ▪ Yohimbe

Clinical Support for Surgery

Begin taking Clinical Support for Surgery two weeks before surgery and continue for two weeks after surgery.

In the Morning

▪ Take 3 tablets of AM Clinical Support for Surgery with a complete breakfast. (if you eat a small breakfast, for example a banana or an apple only, take the AM tablets with lunch).

In the Evening

▪ Take 3 tablet of PM Clinical Support for Surgery with dinner, or within 4 hours after dinner.

About 10% of people experienced the so-called "niacin flush" with high-potency vitamins. This involves a temporary reddening of the skin, that lasts 10-15 minutes. It is a normal response and is harmless. Usually it will disappear after one or two days of taking the vitamins.

To decrease the chances of the niacin-flush occurring, we recommend building up slowly to the full dose of Clinical Support for Surgery. When starting the supplement, simply reduce the dose to one tablet for 1-2 days, then two tables for 1-2 days, and so forth. This approach will also help to prevent the uneasy sensation that occurs in some people's stomach after taking certain supplements.

Bromelain with Quercetin

Take Bromelain capsules 3 days prior to surgery and continue until the inflammation has subsided (usually 7 days).

▪ Take 2 capsules, 3 times a day. Bromelain should be taken between meals preferably on an empty stomach. For example: upon awakening, late morning and late afternoon.

Arnica Montana 30X

Start taking Arnica Montana immediately after your surgery and continue taking until the bruising and swelling has subsided (usually 7-14 days).

▪ Take 3 tablets, 3 times a day. Important: Place tablets under the tongue and let dissolve. Do not brush your teeth, eat, or drink anything but water, 15 minutes before and 15 minutes after taking Arnica Montana. Do not handle the tablets.

Important Notes:

Do not eat or drink anything by mouth (including these supplements) after midnight prior to surgery. Following anesthesia and surgery, it is not uncommon for some patients to experience decreased appetite or gastrointestinal upset. If you develop these symptoms after surgery, delay taking the Surgery Program until your stomach is feeling better and you are able to eat a normal diet.