

PREPARING FOR SURGERY: SUGGESTED SUPPLEMENTS

PREOPERATIVE PREPARATION

Stop taking all supplemental Vitamin A, Vitamin E, St. John's Wort, ginkgo biloba, grape seed extract, fever few and beta carotene **2 weeks prior to surgery**. The following supplements are recommended 72 hours prior to surgery. If you have questions regarding any other herbal supplements you may be taking, please call our office.

- **Bromelain 500 mg:** A natural proteolytic enzyme derived from pineapple that reduces inflammation, thereby decreasing pain and bruising and speeds the healing process. Take one pill (500 mg) per day.
- **Vitamin C 1000 mg:** Essential to the healing of wounds. Collagen, the substance that constitutes the body's connective tissue, depends on Vitamin C for its protection. It is a powerful antioxidant. Take one pill (1000 mg) two times per day.
- **Zinc 30 mg:** Contributes to cell respiration, stimulates wound healing and promotes healthy skin. The most easily absorbed forms are zinc chelate, picolinate or aspartate. Take one pill (30 mg) two times per day.

POSTOPERATIVE CARE

Do not resume taking Vitamin A, grape seed extract, fever few, ginkgo biloba, or beta carotene for **6 weeks following surgery**. The following supplements are beneficial to use for **4 weeks following surgery**.

- **Bromelain:** Take one pill (500 mg) per day.
- **Vitamin C:** Take one pill (1000 mg) two times a day.
- **Vitamin E:** Known as a potent antioxidant preventing free radicals from damaging cells and tissues. In this capacity, Vitamin E accelerates wound healing, protects lung tissue from inhaled pollutants and may prevent premature skin aging. Take 400 iu daily. *Do not exceed 600 iu.*
- **Zinc:** Take one pill (30 mg) two times a day.