Carlos K. Wesley, M.D.

OPTIONAL HOMEOPATHIC REGIMEN

The following regimen is recommended by many cosmetic surgeons to promote healing and to help minimize both bruising and swelling. The evidence to support this is mostly anecdotal and thus we recommend it as an optional addition to our regular postoperative instructions. You may choose to use this regimen in part or in its entirety.

ARNICA MONTANA (30 C pellets):

7 DAYS PREOPERATIVELY: Place 5 pellets under your tongue three times daily, morning, noon and evening.

DAY OF SURGERY: Place 5 pellets under your tongue in the morning prior to the surgery.

IMMEDIATELY POST-OP: Place 5 pellets under your tongue every hour until you retire for the evening.

TWO WEEKS POST-OP: Place 5 pellets under your tongue three times daily: morning, noon and evening.

ARNICA MONTANA (gel)

POST-OP: Apply the gel to the forehead and the temple regions hourly during your first day post-op and then continue 5 times daily until there are no signs of swelling or bruising. Do NOT put any on the grafted areas and you must avoid contact with your eyes.

VITAMIN C:

TWO WEEKS PRE-OP AND FOUR WEEKS POST-OP: Take 1000 mg daily (reduce to 500 mg if you have a history of renal (kidney) stones).

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