

WHAT'S IN MY KIT?

1. Arnica 30c For bruising, bleeding, swelling and trauma. Prepare the body with 2 or 3 doses for a couple of days before and then continue as below.

Dose: 1 or 2 pills hourly on the first day after surgery, reducing to 2 hourly on the second day and then 3 times a day for up to a week if still required.

2. Calendula 30c Taken internally Calendula keeps the wound clean by preventing pus from forming, and aids healing and pain relief. Also has an affinity for the spinal cord. Used externally as a diluted tincture it can be applied on a pad to stitches, especially after episiotomy.

Dose: 3 times a day for up to one week after surgery.

3. Gelsemium 30c Anticipatory anxiety before the event, fear with trembling and paralysis! Use with Rescue Remedy to alleviate fear.

Dose: Add 1 or 2 pills to a waterbottle, shake and sip as required for anxiety. Can also include 2 drops of Rescue Remedy.

4. Hypericum 30c Known as Arnica for the nerves, Hypericum

encourages regeneration of nerve tissue and is helpful for nerve pain. Strongly indicated for surgery to spine or other nerve rich areas. (See also Calendula).

Dose: As for Arnica Dose. If using alongside Arnica, then alternate the two, rather than taking together.

5. Phosphorus 30c For known adverse reactions to anaesthetic take prior to surgery (prepare the body as for Arnica). For nausea, vomiting, vertigo and other post-anaesthesia symptoms, or excessive bleeding. Anxiety prior to surgery, especially in children.

Dose: Usually 2 or 3 doses is sufficient for ailments from anaesthesia, however if symptoms continue follow Arnica instructions.

6. Staphysagria 30c Very helpful following invasive procedures such as bladder surgery, caesarian, hemorrhoids, hysterectomy, circumcision, or catheterization with urine retention. There may be feelings of violation or anger. Bladder function may be affected.

Dose: 3 times a day for 3 days after surgery.

If symptoms do not resolve completely select another remedy or consult your homeopath.

Other Useful Remedies

Bellis Perennis Follows Arnica well, especially for surgery involving the deep muscles (eg abdominal surgery). Use where Arnica has not resolved a problem fully.

Carbo Veg Wind and distended abdomen improved by burping (see Lycopodium). Also good for slow recovery and lack of appetite especially in the elderly.

Lycopodium Wind and distended abdomen, better by passing wind.

Pyrogen Useful for septic states/infection, abscess, and will often work more quickly than antibiotics. Redness, heat, pus, offensive smell in later stages.

Ruta Grav Surgery to cartilage and/or where bone is close to surface, eg shin. Very stiff sensation with deep bruising

Silica 6x + Calc Fluor 6x Helps in reducing scarring and in rebuilding healthy tissue following surgery.

USING THE REMEDIES

With remedies for any form of surgery it is generally recommended to commence 1 or 2 days before with **Arnica 30c** 3 doses on each day.

Continue with Arnica as required on the day for pain, swelling, bruising (as below for severe situations), reducing the dose as symptoms improve over the following days.

Gelsemium for anxiety can be started when required and combining with Rescue Remedy can be helpful.

If you feel you need 2 or more remedies after your surgery, you may find it easier to pop your 2 pilules of each remedy into a glass or water bottle (any size), shake or stir vigorously and take 1 teaspoon as your dose.

DOSE

The dose for remedies in the kit is 2 pilules as required until improvement is felt.

If the situation is severe take one dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.

For less intense situations, we suggest taking the remedies 3 times a day for 3 days, and increasing to more frequently if required.

If there is no improvement after 5 doses change your remedy or consult your homoeopath.

CARE OF YOUR REMEDIES

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.

2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg after an accident or during labour) *just take the remedy!*

3. Discard any pilules which are dropped as they may be contaminated.

4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

REMEMBER should your home prescribing prove ineffective call your homoeopath for advice or visit your medical practitioner.



Surgery

Homeopathic medicines work wonderfully pre- and post-surgery and this is often commented on by nursing staff in relation to recovery time and healing.

The six remedies in our Surgery kit are those most usually required at this time, plus there are suggestions for other remedies you may need to consider.

Homeopathy is safe, gentle and natural, and will not interact with other forms of medicine, making it of benefit for any surgical procedure from caesarian section to dental surgery to major operations.

If you are having major surgery it is generally recommended to consult with your homeopath some time prior to ensure your system is at optimal function to cope with the stress to the body.

REMEMBER should your self prescribing prove ineffective contact your homeopath.

HOMEOPATHY
Medicine for the 21st Century

Safe, Effective Health Care for You
& Your Family

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