

Surgery Support

Interactions with conventional medications

Homeopathic remedies work in a different way to pharmacy medicines and will not interact with any medications you have to take for your surgery.

If pain persists and other pain relief is required, give as per the directions on the bottle.

Check with your surgeon, GP or homeopath, as appropriate, if you have any questions or concerns.

When to Start

We usually suggest commencing on the day before your surgery to prep the system.

- 3 doses on the day before the surgery.

- 1 dose on the day of the surgery. If nil by mouth, just make up in water and rub on the lips or wrist.

- Then 3 or 4 times a day for up to one week after surgery or as required for recovery.

Start as soon as possible after you come round from surgery.

Putting the drops or 1 pilule in a water bottle or jug will get you off to a good start.

Don't forget to stir or shake vigorously to activate the remedy in the water.

Use only as directed.

Always read the label or information supplied.

If symptoms persist see your health care practitioner.

Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.

Homeopathy is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per homeopathic traditional use.

If in doubt as to their appropriateness to a particular situation, consult your health care practitioner.

Dose

- The dose for remedies is 1 or 2 pilules or 1-4 drops (1 drop up to 6 months old, 2 drops up to 12 months old).
- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen over a few days.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, then continuing to reduce as improvement is seen. Doses can be increased to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath.

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 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.
5. If you are anxious about giving pilules whole to a baby, crush 1 pilule between two clean teaspoons and tap a little into baby's mouth.
6. If you find pilules difficult to administer, put 1 pilule in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose.

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Mini Kit, Surgery & Procedures

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action.

It can be a great support during both planned and unplanned procedures, and a little preparation beforehand (where appropriate) can go a long way to reducing anxiety and help enormously with the recovery process.

See also the post on the website entitled **Homeopathy for Surgery & Procedures** for a little more information on other remedies.

What's in the kit?

Surgery Support - We have been dispensing this combination since 2001. It includes remedies traditionally indicated to assist with healing and to promote recovery after any type of surgery, including caesarean, dental, hip and knee replacement, lip and tongue-tie, and similar.

The remedies are those most indicated to assist in some of the situations that may be experienced through a surgery such as bruising, bleeding, general trauma, healing and to help to keep the recovery process on track.

The Surgery Support combination also contains remedies to assist with the occasional side effects of and reactions to anaesthetic. We have also included SOS – our version of Rescue Remedy to help with pre-surgery nerves, anxiety, shock and similar and we do always suggest starting a day or two before your procedure.

CRUX - We are subjected to so many procedures these days - MRI, CT Scan, Ultrasound and X-ray (including dental) to name a few, but not all! We created this mix of traditional and non-traditional remedies to cover all the energetics of these situations.

When you're unwell and about to undergo treatment or surgery, you don't want to challenge your immune system any more than necessary.

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In an uncomplicated surgery, this may be all that is required.

Take 3 doses on the day prior to surgery, then as soon after the surgery as possible. See the end of this flyer for further suggestions.

2. CRUX - To support MRI, CT Scan, Ultrasound and X-ray (including dental) just as examples, but will support anything where the body is subjected to sound or energy waves.

Take a couple of doses on the day before your procedure, then 3 or 4 times a day for 3 days.

3. Aconite 200c – Ailments after a shock eg cardiac arrest under anaesthetic. This might apply to the patient or the family! Shock, fright and anxiety are prominent often with great fear (sometimes of dying) and restlessness. Panic attacks after fright, palpitations. Symptoms are sudden, acute, intense and painful. Very high fevers with dry burning heat or drenching sweat with unquenchable thirst. Very thirsty for cold drinks.

4. Arnica 200c – First remedy after accident or injury and for surgery to reduce shock, bleeding and bruising. For swelling, soreness, broken bones (follow with Symphytum 200c and Calc Phos 6x or use our **Broken Bones & Fractures** combination), slipped disc, spinal injury (follow with **Hypericum 200c**).

Arnica has a good effect on the mental and emotional level, so for shock, trauma, violence to mind or body, bleeding of small wounds. It's in the Surgery Support combo, so you get that level of cover throughout.

Useful following surgery to assist with bruising and bleeding. Pain will be sore, bruised, aching and the patient doesn't want to be touched or assisted. Will often say they feel fine despite serious injury or major surgery. Very restless. For fish hooks and similar wounds (with Hypericum) especially those which require stitching.

If in doubt, always use Arnica as your initial first aid remedy.

5. Calendula – Useful for treatment of lacerated and suppurating, raw, open and inflamed wounds. Known traditionally for its antiseptic powers. May help control bleeding from a wound and soothe wound pain. Promotes healthy healing of wounds and ulcers and may help resolve scar tissue. Can be used alongside antibiotics if required. Wounds that don't heal.

6. Carbo Veg – Known traditionally as “the corpse reviver” this remedy acts upon the venous circulation assisting with oxygenation of the blood. Useful in collapse states where the patient is almost lifeless; air hunger, drowning, asthma attacks and useful for smoke inhalation. Also useful after surgery to the abdominal area or generally where there is a lot of gas and it is very uncomfortable. The patient may want to be fanned.

7. China – Is a useful remedy where there is weakness due to loss of fluids, such as from diarrhea, vomiting, blood loss or dehydration. Often with this picture there may be excess gas in the abdomen.

8. Hypericum - “Arnica for the Nerves”. Crush injuries, lacerations of fingers, tips; painful penetrating wounds from accident or surgery; may have spasms at the site. Shooting pain along the nerves. Wounds which are excessively painful. Surgical pain, forceps delivery, dental work. Falls on spine or coccyx, concussion, episiotomy.

Worse: movement, touch, cold air

9. Phosphorus – Wounds may bleed freely (internal or external), gush bright red blood, and patient may be prone to blood noses. Use following surgery if there is bleeding or a reaction to anaesthetic with dizziness. They can experience vomiting especially when given cold water.

Other symptoms can include disorientation, stupor, weakness and nausea. On a more constitutional level, useful for people who are usually bright and bubbly social butterflies but when ill or anxious can become excitable, fearful and irritable. They may be sluggish when ill and their energy flares up and subsides to exhaustion again, so recovery can be slow.

10. Pyrogen – A small but useful remedy if things don't go as planned. For sepsis and septic states with fiery heat, pain, fever and intense headaches. Skin may be purplish. Wound may have pus and violent burning.

We assume in this situation you would also be taking antibiotics and under the care of your surgeon or other care giver. However, the remedies can help speed up the healing process.

Other useful remedies for your surgery

Check out the post on the website entitled **Homeopathy for Surgery & Procedures** for more single remedies, but here are the most useful of our combinations.

Arnica & Chamomilla – Laser Surgery This is a mix of two homeopathics that we've been dispensing to a particular clinic, where many of their little clients head across the road for lip and tongue-tie surgery. The parents are happy with the outcomes, however, we've tended to recommend our Surgery Support combo because it's been around for so long and has a broader spectrum of action.

Broken Bones & Fractures can be a useful support for any surgery where there is involvement of the bones, such as hip or knee replacement, or the procedure is to repair a broken bone. **Do not use** until you've ascertained the bone is correctly aligned as the remedy can work rapidly!

Ouchy is another combination remedy which is great if your little one (or your big one!) has had an injury or surgery but is still feeling a little sad and sorry after you consider the *Surgery Support* has done its thing. It assists in the soothing and healing of minor wounds, accidents and injuries and we've also included remedies to help avoid inflammation.

RRA for sprains, strains, aches and pains, and bumps and bruises as a result of an accident, injury or surgery. As it includes the single remedies Rhus Tox, Ruta and Arnica, it's a useful combo to think of for surgery involving bones, ligaments and tendons and similar in the healing stage.

SOS Our own version of Rescue Remedy but more appropriate for the experiences of the 21st century. Useful for shock, trauma, after accidents, or for hyper, excitable children. Anxiety before an event, such as the dentist or a surgery.

Anticipation & Anxiety If you are particularly prone to anxiety, you might like to consider this combination in the days leading up to your surgery. Useful if you have fear of needles, fear of the dentist or hospital, or find the anticipation too much to cope with.

AAA – Anxiety & Stress. This is a combination of Aconite, Argentum Nitricum and Arsenicum Album 200c – three of our big anxiety remedies. Useful if you're excessively stressed about the whole process, waking in the night or in the morning with fear and anxiety, over-thinking being away from work, the family and the kids, getting yourself in a state of fear and panic. If this picture fits you then this may be a helpful support remedy.

If you're super anxious, perhaps check in with your homeopath for more individualised solutions.