

**ARNICA-BROMELAIN PROTOCOL  
TO MINIMIZE POST-OPERATIVE BRUISING**

**Arnica Montana 30X**

Comes as very small white pills which you do not swallow or even touch with your hands. Instead, the proper number of pills should be shaken into the cap, and then placed under your tongue without touching.

**Bromelain**

Is extracted from pineapple with active ingredients called bromelain. It comes in a tablet form; each tablet strength is 500mg.

Begin taking **Bromelain** immediately following your surgical procedure and continue until the inflammation and swelling has subsided (usually 7 - 10 days). Take 2 capsules 3 times a day on an empty stomach.

Begin taking **Arnica Montana** immediately following your surgical procedure and continue until the bruising and swelling subsides (7-14 days). 3 tabs 3 times a day.

**CONTINUE BOTH FOR 7 DAYS AFTER SURGERY**

PLEASE NOTE THAT THIS IS NOT NECESSARY TO USE AND IT IS YOUR CHOICE. IF YOU WISH TO TAKE ARNICA AND BROMELAIN THESE MAY BE PURCHASED HERE IN OUR OFFICE OR AT HEALTH FOOD STORES, OR HOMEOPATHIC PHARMACIES.