

Surgery Support



These simple recommendations can help improve wound healing, enhance tissue integrity, and minimize potential side effects.

The optimal time to begin this protocol is 2-4 weeks before surgery and continue until 4-6 weeks following surgery.

Before Surgery

- 2-4 weeks before surgery:
 - Take a probiotic, as recommended by your naturopathic doctor. Probiotics are well studied in helping to heal from surgery and may also help prevent infections during your hospital stay.
 - Avoid alcohol, recreational drugs, sugar/refined carbohydrates, tobacco and caffeine.
- 5 days before surgery, discontinue: aspirin, Vitamin E, fish oil, garlic supplements, curcumin, ginger, ginkgo, feverfew (*Tanacetum*), echinacea, ginseng, goldenseal (*Hydrastis*), kava-kava, licorice (*Glycyrrhiza*), St. John's wort (*Hypericum*), red clover (*Trifolium*), ma-huang (*Ephedra*) and valerian supplements. These can potentially interfere with blood clotting or anesthesia drugs.
- It is imperative that you do not smoke. Smoking dramatically impairs your healing process by altering tissue oxygenation and healing, especially after surgery

The Day of Surgery

- Homeopathic Arnica 30C - 3 pellets under the tongue the day before surgery
 - Homeopathics are dissolved under the tongue. Because it does not enter your stomach they are safe to take before surgery even when regular medications, food, and liquids are not allowed.
 - Homeopathy is a therapeutic method used to stimulate the body's natural healing ability. Using homeopathic Arnica before and after surgery can help minimize internal trauma and reduce bruising, swelling and pain.
- Visualizations or guided imagery have been found to help reduce the need for pain medication, reducing side effects and complications of surgery, lessen stress and anxiety before and after surgical procedures, reduce recovery time, improve sleep and strengthen the immune system.
 - You can bring a recording to the hospital to listen to both before and after surgery
 - Consider the "Prepare for Surgery, Heal Faster" program by psychologist Peggy Huddleston and "Meditations to Promote Successful Surgeries" by psychotherapist Belleruth Naparstek

While in the Hospital

- Chewing natural gum. Chewing gum after surgery has been shown to help encourage a bowel movement. Some examples of natural chewing gums are: Pur gum, Spry, Simply gum, Glee, etc.
- Get up and do some movement, like walking, as early as you feel able. This has been studied and shown to help promote healing, encourage bowel movement, and prevent blood clots.
- Eat healthy foods. Some patients prefer not to eat hospital food. Please discuss this with your naturopathic doctor if this is a concern for you.
- Continue homeopathic Arnica 30C, 3 pellets a day, as allowed while inpatient. This can be taken under the tongue or dissolved in water.

After Surgery

- Continue to eat a whole-foods diet consisting primarily of fresh or frozen vegetables and fruits, and whole grains. Consume healthy proteins including fish such as wild salmon, halibut, or cod, raw nuts and seeds, beans and other legumes, tofu and other minimally processed soy foods. Aim to eat 1-2 g of protein per kilogram of body weight per day.
- Once you have been discharged and eating normally again, you can restart your natural supplements, as prescribed by your naturopathic doctor.
- Please follow up with your naturopathic doctor after you've met with your oncologist following surgery as your naturopathic recommendations will change based on the results.