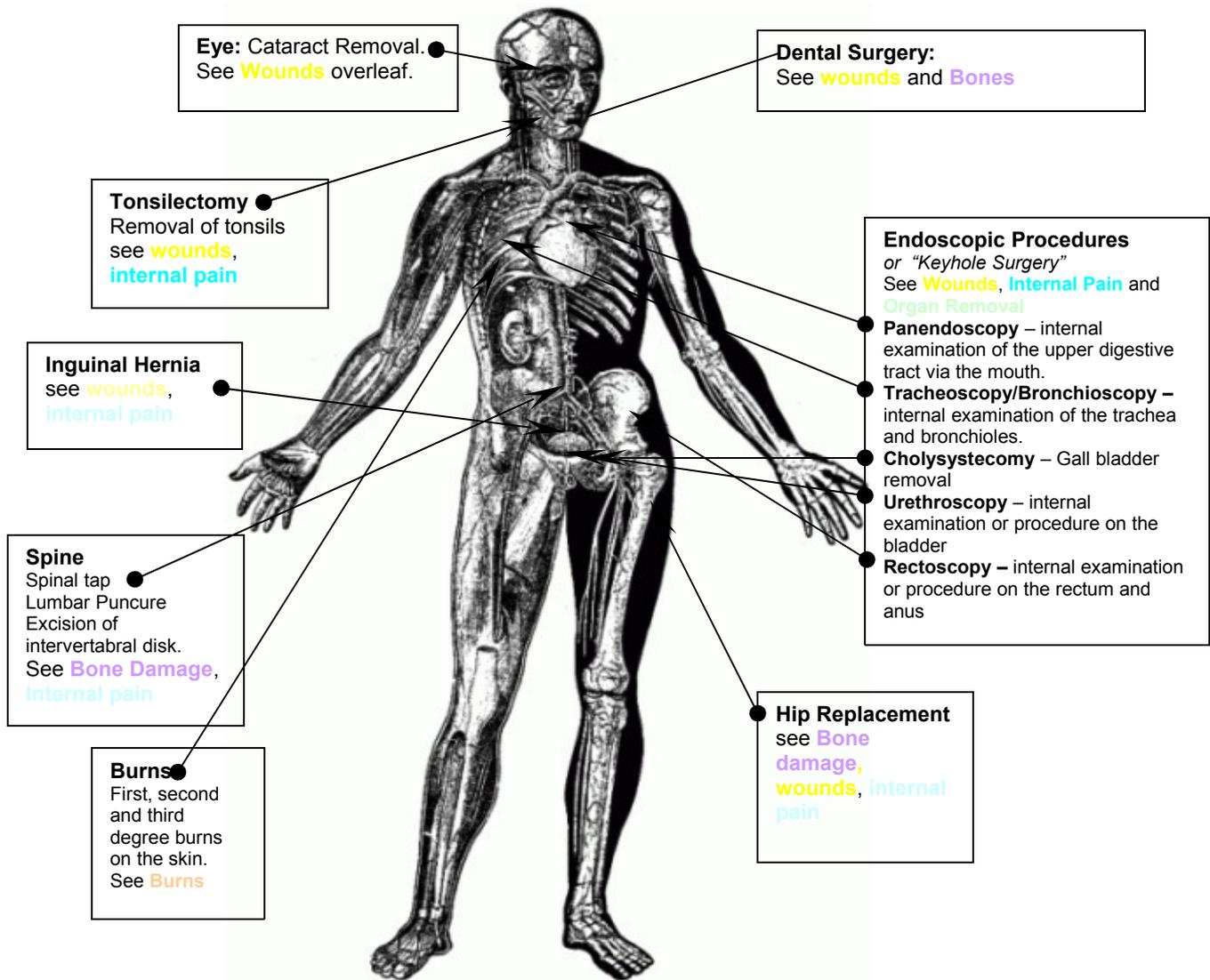


A Homeopathic Guide to Supporting Surgery

Homeopathy can be a useful complimentary treatment to surgery that naturally supports and heals the patient throughout the process. See remedies overleaf indicated for the more common procedures.

Please see below for directions in taking homeopathic remedies in acute situations.



Dosage

Use **30c potency** for these acute treatments. The more intense the condition, the more frequent the dose, from up to once every five minutes for highly traumatic, intense states to hourly for acute situations or twice per day for gradual healing.

Dosage should be stopped immediately upon improvement of the condition or if no improvement results after repeated doses.

More than one Remedy?

If more than one remedy is indicated, it is possible to give one after another, *intercurrently*, leaving a suitable gap to allow the first remedy to work.

This may be an hour after the first remedy in normal healing situations up to three minutes afterwards in extremely acute circumstances.

Preparing for Surgery.

Psychological distress: See **Stress and Distress** overleaf.

Arnica 30c before surgery to reduce shock and adverse reactions.

Hypericum 30c before surgery which will involve injections and/or areas rich in nerve endings, such as the spine or eye.

Recovery from Surgery

Arnica nearly always indicated for the shock, swelling and trauma to the tissue.

Hypericum where damage had been done to nerve-rich areas and ill effects of injections.

Phosphorous for the "woozy" slightly nauseous feeling after general anaesthetic.

Chamomilla for the ill effects of local anaesthetic see also **Effects of Drugs**, overleaf.

Symphytum for the healing of broken bones in procedures involving bone.

Silica for weaker, chilly patients who need immune system support and wound or infect easily.

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Stress and Distress

- **Aconite** for acute distress and panic. Patient may believe they are about to die. Thirsty.
- **Rescue Remedy** this blend of Bach Flower remedies is an all around useful stress reliever
- **Arg Nit** patient is nervous, anxious and talks a lot. May have stomach trouble.
- **Gelsemium** trembling, dithering, weak fear with inability to speak clearly and blank mind.
- **Arsenicum** patient is filled with a nameless dread, fears being alone may be fussy, chilly, cranky, restless. Thirsty for sips of water.
- **Coffea** intense, anxious, nervous restless state where the senses are heightened and mind is overactive.
- **Ignatia** morose, oversensitive patient, sighs or yawns a lot. Over reacts

Wounds & Sores

- **Calendula** general all-round skin healing support. Can be used as a tincture.
- **Silica** indicated for slight, chilly, possibly constipated patients who are prone to infection and whose wounds are slow to heal.
- **Ledum** deep puncture wounds, blue and cold to the touch. Feels warm to the patient.
- **Hypericum** for wounds to nerve-rich areas such as the gums, nervous system. Shooting pains
- **Hepar Sulph** wounds that have become weeping and pustulent
- **Stapysagria** "invasive" wounds that are painful and slow to heal.
- **Pryogen** indicated when there is necrosis, gangrene or dead flesh, in the wound

Burns

- **Urtica Urens** indicated for 1st degree burns with red, raised skin and some blistering.
- **Cautiscum** for 2nd degree burns with skin damage and blistering
- **Apis** for 2nd degree burns that are very red and swell up with fluid.
- **Belladonna** burning, throbbing very red burns that are very painful.
- **Hepar Sulph** burns where the skin is cracked and weeping pus.
- **Catharis** for 2nd and 3rd degree burns where the deeper tissue is damaged.

Organ removal

- **Bellis Perennis** for deep tissue ache and bruising after organ removal
- **Staphysagria** for more aggressive pain and slow healing wounds after organ removal. May be accompanied by a feeling of anger or "invadedness".
- **Hypericum** for shooting, radiating pains along the nerves
- **Carbo Veg** for uncomfortable, trapped wind inside the body after surgery, which can cause headaches.

Internal Pain

- **Staphysagria** – pain following invasive procedures through sphincter muscles like rectoscopy, urethoscopy, tracheoscopy or panendoscopy.
- **Bellis Perennis** – where the internal organs have been handled during the procedure and feel bruised inside.
- **Carbo Veg** – Some endoscopic procedures inflate the body slightly to facilitate movement of the instruments. Trapped wind inside the body can result after surgery. Carbo Veg will release this.
- **Chamomilla** this is for aggressive pains after surgery which make the patient angry and irritable.

Bone damage

- **Ruta** for bruises to the bone where it is close to the skin. Damage to the bone coating or periosteum and for deep tooth extractions
- **Symphytum** or "knitbone" aids and promotes the healing of bone fractures in the relatively healthy.
- **Calc. Phos.** for long term, convalescing patients with broken bones and low energy.

Effects of drugs

- **Nux Vomica** – the negative side effects of allopathic drugs such as painkillers or antibiotics can be alleviated by this remedy.
- **Chamomilla** is indicated for the ill effects of local anaesthetics and for the pain at the return of sensation to an anaesthetised part
- **Phosphorous** is helpful to mitigate the tiredness and unclear feeling in the head after general anaesthetic.