

PRIOR TO COSMETIC SURGERIES PREOPERATIVE MEDICATION REGIMEN

You must take the following vitamins as directed before your surgery to keep bruising to a minimum.

ALL PATIENTS NEED TO TAKE CONTINUOUS AFTER SURGERY:

Arnica Montana (start 2 days prior to surgery and continue until medication is gone.
3-5 pellets under the tongue (three times daily - Do not touch with fingers)

Bioflavanoid (begin 3-4 weeks prior to surgery) 1000 mg daily

Vitamin C (begin 3-4 weeks prior to surgery) 500 mg twice a day (am/pm)/
1000 mg total per day

Prescription Vitamin K (two weeks prior to surgery) Twice daily for one week

ADDITIONAL VITAMINS FOR LIPOSUCTION PATIENTS, ABDOMINOPLASTY, AND POST BARIATRIC:

Iron (begin 3-4 weeks prior to surgery) 25 mg daily

Folic Acid . . . (begin 3-4 weeks prior to surgery) 800 mcg daily

**PLEASE CONTINUE ALL VITAMINS / SUPPLEMENTS UNTIL ALL ARE USED
DO NOT REFILL**

These may be purchased at the following health food stores

Health Foods Unlimited
St. Rt. 725
Dayton, OH 45459
433-5100
1/2 mile E of Dayton Mall

**Healthy Alternative
Natural Food Market**
8258 N. Main Street
Dayton, OH 45415
890-8000

Olympia Health Food
4077 Town & Country Rd
Dayton, OH 45429
293-4244
Behind Books & Company