

Post Operative Homeopathic Prescribing

The following guidelines are for anyone administering homeopathic remedies to patients for acute problems resulting from or to promote healing after surgery.

Principles:

- homeopathic remedies are **normally** prescribed by a practitioner who individualizes the prescription according to the state of the patient.
- however, in acute cases, a standard therapeutic prescription may be attempted as clinical experience has shown that many remedies work in over 50% of all cases.
- the remedies are absolutely non-toxic, have no side-effects, do not interact chemically with any other medicines. In an acute case they either work, or do not, but they will not harm.
- as long as a remedy works, it can be prescribed as often as needed, ie the patient will tell you s/he is getting worse and then the remedy can be repeated. If a remedy does not work after 3-4 doses, you may assume it has not worked.
- in severe acute cases remedies can be administered every 5 minutes. If there is no relief of symptoms, switch to another remedy. If there is some relief continue prescribing as needed.
- the normal protocol for prescribing is to give two doses (as described below) before chemo and/or radiation and 3 doses per day for two days after, but if the patient gets worse at any time and needs another dose, by all means give it.

Giving the remedy

- put three drops of the remedy in distilled water (about 5-10 ml - the amount really makes little difference) in a sterile paper cup and have the patient take as much of the liquid as they want to (even wetting the mouth with the liquid is enough for the remedy to be absorbed). This constitutes one dose.
- patients should ideally not have anything in their mouth, ie food or drink (except water) either ten minutes before or after the dose is administered.

(Note: Remedies are listed in red type. The homeopathic potency used is generally 30 C or 200 C)

Pre-operative

- you can give **Calendula** routinely before surgery, if there is a lot of cutting
- also give **Arnica** if there is a lot of bruising

Post-operative:

Choose the appropriate remedies according to the indications below. A routine protocol should include Phosphorus once every half hour immediately after surgery especially if there has been anesthesia until patient feels normal, Calendula 3 x a day until healing has been completed, Staphysagria 3x a day if there has been abdominal surgery.

Calendula

- any surgery
- healing of any wound internally or externally
- old wounds that don't heal well (dd Staphysagria, Graphites)
- will also act as a pain killer

Arnica

- for all contusions, or bruising during surgery
- especially when tissues have been pulled and dilated
- often after childbirth and dental surgery
- for bloating and gas after abdominal surgery (try **Carbo Vegetabilis** if **Arnica** doesn't work)

Bellis perennis

- for operation with trauma to deep tissues or organs like breasts, abdomen, uterus.

Hypericum

- pains from nerve damage, shooting pains
- numbness after surgery, as if nerves are dead

Staphysagria

- for surgery especially on dilated orifices and abdominal area
- affinity for sphincter muscles
- if **Calendula** doesn't work

Phosphorus

- bleeding in surgery
- for recovery from anesthesia (try **Acetic Acid**, or **Phosphoric Acid** if there is great weakness or tiredness remaining one or two days after surgery)
- headaches after anesthesia

Carbo Vegetabilis

- for flatulence and gas after surgery (try this remedy if **Arnica** doesn't work)

Strontium Carbonicum

- surgical shock (never came out of anesthesia, heavy blood loss)

Scarring:

Thiosamine (mustard seed)

- give routinely in cases of keloid scars

Graphites

- a backup remedy for scarring if Thios doesn't work

Capsaicin ointment (sold ready made in Europe)

- for painful surgical scars
- extract of red peppers