



ARNICA MONTANA

Purpose

This is a homeopathic medication used to help reduce postoperative bruising.

Dosage

Pellet or Tablet form. Concentration of 12C or 30C.

Instructions:

- Start five days prior to surgery. Place five pellets or two tablets under the tongue (sublingual) three times a day.
- Do not take any pellets or tablets on the day of surgery.
- Bring the medication to the surgery.
- Immediately after surgery, when comfortable, place five pellets or two tablets under the tongue every twenty minutes for three hours, then discontinue.
- If nausea or other side effects develop, please discontinue.

Do not use if any allergic reaction to Arnica Montana exists.

Brands:

- Boiron
- Hylands

Stores:

- Whole Foods
- Fruitful Yield
- May also be found in other natural food markets

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Reconstructive Surgery of the Eyelids*

Reference:

Seeley BM, Denton AB, Ahn MS, Maas CS. Effect of homeopathic Arnica montana on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial. Arch Facial Plast Surg. 2006 Jan-Feb;8(1):54-9