



## **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

### **John Pak, MD, PhD**

*Surgical Specialist in Orbital, Lacrimal, Aesthetic and  
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*