

Arnica-Bromelain Protocol: Optional Treatment for Postoperative Bruising and Swelling

Arnica and Bromelain are homeopathic preparations that are reported to decrease bruising that is typically seen after surgical procedures. *There is no firm scientific proof these products work as described.* However there is little downside to their use if patients so choose. They may be purchased online or at most health food stores and do not require a doctor's prescription. While exact directions vary depending on the manufacturer and preparation, most treatments are designed to be started a few days BEFORE your surgery and continued for a several days afterward. If you are interested in using Arnica and/or Bromelain, make sure you buy them at least a week before your surgery. Some preparations contain sulfa—**read all ingredients carefully to make sure there is nothing to which you may be allergic or sensitive.**

Dr. Fountain offers a combined-pill form of Arnica and Bromelain for purchase through the office. Let us know if you are interested in learning more.