

## Acute Remedies for Recovery from Surgery

The following are homeopathic remedies which can assist with recovery from surgical procedures.

**Arnica 200C.** Take one dose prior to surgery, as close to the actual surgery as possible (within a couple of hours is okay). Then take one dose as soon as possible after waking from surgery. It should help to reduce swelling and bruising and will help to prevent internal bleeding. You can take a dose every hour or so for the first few hours and then every couple of hours for the first 24 hours. You may need *Bellis perennis* which I will explain below.

**Calendula 200C.** Take one dose shortly after surgery, as it can help to prevent infection and will promote healing of the incision. You can take this dose shortly after you take the first post surgery dose of Arnica.

**Bellis perennis 200C.** This remedy is frequently used after childbirth or surgery. It is a deeper acting remedy than Arnica and may relieve bruised soreness after surgery where Arnica has not helped. *Bellis perennis* is indicated for deep trauma of abdominal and pelvic organs and after major surgical operations. Muscles are hard, aching, squeezing or throbbing. The uterus may feel squeezed, sore. Patients feel tired, desire to lie down. Unbearable pain that drives to distraction. There can be an impulse to move.

**Staphysagria 200C.** This remedy is also often indicated after surgery where the incision is unusually painful and sensitive to touch, especially if there is a feeling of having been assaulted, with resultant indignation. This would be indicated if you find yourself feeling very angry after your surgery, and feeling more sensitive to the rudeness of others than usual. The pains of *Staphysagria* are stinging, smarting. The main indication for *Staphysagria* would be if you have the above emotional symptoms.

In summary, start with one dose of Arnica 200C prior to surgery. Then take a dose of Arnica as soon after surgery is possible. Follow this with one dose of Calendula 200C (10 minutes apart is okay). You will only take one dose of Calendula.

Next, repeat Arnica for the first day and then perhaps switch to *Bellis perennis* 200C the second day and take this for a couple of days. If you observe the emotional symptoms of *Staphysagria* take one dose of this. Serious complications following surgery are outside the scope of home prescribing, and should be followed by a professional homeopath.

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