

**Scott P. Bartlett, M.D.**  
Plastic and Reconstructive Surgery

**Supplementary Aids in Healing**

To assist and hasten your recovery, we suggest you add these supplements to your pre and post-surgical regime. These three items should be started 1-2 weeks prior to your surgery and continues for 2-3 weeks following your procedure.

1. Vitamin A 25,000 IU per day. May have beneficial effects on wound healing and on the immune system.
2. Vitamin C 2000 mg per day. Essential part of normal wound healing associated with stress related to recent surgery.
3. Zinc (chelated) 30-50 mg per day. Aids wound healing and the immune system.

We also suggest taking 1000 mg of Bromelain per day to help control bruising and swelling associated with surgical procedures. This can be taken three days prior to your procedure and continued for one week following surgery.

To give your body the support it needs to recover fully and quickly, we suggest including Arnica in your program. Homeopathic Arnica is derived from an herb and is used to reduce post-operative bruising and swelling. Three to five Arnica pellets should be dissolved under the tongue immediately following your procedure and repeated every four hours for 7-14 days until bruising and swelling subsides. Some patients also find it beneficial to take one dose the night before an anticipated surgery.

After your incision sites have begun to heal, you may use a silicone-based scar gel to aid in reducing the appearance of scars. Your physician or nurse will give you more details about this post-operatively including when you may begin using this.

All of the above supplements are available for purchase in larger drug and health food stores such as GNC, The Vitamin Shoppe, Whole Foods, etc.

In addition, please reference the separate list of medications to avoid in anticipation of your surgery.

Please do not hesitate to call the office with any additional questions.