

PLASTIC **EYE** SURGERY ASSOCIATES, PLLC

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**“ALTERNATIVE” AND HERBAL THERAPIES TO MINIMIZE POSTOPERATIVE BRUISING**

Although there are no controlled studies to prove their effectiveness, cosmetic surgeons in Europe have successfully used age-old herbal therapies and remedies to minimize postoperative bruising. These agents are readily available over-the-counter from many area health food and nutrition stores and some pharmacies. While we don't know how or why these remedies work they seem to be as safe as they are effective.

BEGIN 3-7 DAYS PRIOR TO SURGERY  
AND CONTINUE FOR ONE WEEK  
AFTER SURGERY

1. VITAMIN C (ester-C plus) – 500 mg 4 times a day (no more than 4000mg/day). Average price \$7-8/100 tabs
2. ARNICA MONTANA 30C – 4 pills under the tongue 4 times a day. The pills should not be handled but placed in the cap and then placed under the tongue without touching. Follow bottle directions - each brand has slightly different instructions. Average price \$4-5/bottle
3. VITAMIN K – 100 mcg twice a day beginning one week prior to surgery and then stopping after surgery. Average price \$3-4/100 tabs
4. BROMELAIN – 1000mg per day. Average price \$5-6/60 tabs
5. ALFALFA – 3 capsules three times a day for 10 days. This can be used as a substitute for the vitamin K and bromelain or in addition to these for added benefit. Average price \$5/250 tabs

All of the above vitamins/herbal supplements have been bundled together for both convenience and cost savings at:

GREAT EARTH VITAMINS FOR LIFE, LLC.  
(713) 839-0992

ask for owner/mgr: Chuck or Chris Lang