

DR. B

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Sports Hernias, Non Mesh Hernia Repair, Mesh Removal
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Herbal Therapy to Promote Healing and Recovery

Start Three Days Before Surgery:

1. Arnica Montana 12C - Reduces inflammation & Bruising
Take 5 pellets sublingually 3 times a day.
2. Bromelain 500mg - Reduces inflammation & swelling
Take 1 tablet twice each day with a meal

Start 12 Hours After Surgery:

1. Arnica Montana 12C
Take 5 pellets sublingually three times a day.
2. Alpha Lipoic Acid 300mg - Reduces inflammation & Nerve Pain
Take 1 capsule daily
3. Bromelain 500mg
Take 1 tablet twice a day
4. Ginger Root 550mg - Reduces Inflammation & prevents nausea
Take 1 tablet twice a day
5. Super B Complex - Reduces Nerve pain
Take 1 tablet daily
6. Tumeric 500mg - Reduces Inflammation & nerve pain
Take 3 tablets once a day or in divided doses

More information is available at:
SportsHernia.Com
Or Email Dr. Brown at:
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This Herbal Therapy Regimen was kindly shared with me by Dr. Shrin Towfigh
of the Beverly Hills Hernia Center.