



C O U R T N E Y  
P L A S T I C S U R G E R Y

### **VITAMEDICA INSTRUCTIONS**

#### **Morning/Evening - Start 2 weeks prior to surgery**

Morning vitamins: Take 3 capsules in the morning with food.

Evening vitamins: Take 3 capsules in the evening before bed.

#### **Bromelain Capsules - Start 3 days before surgery**

Take 2 capsules 3 times a day on an empty stomach (30 minutes before eating).

#### **Arnica - Start after surgery**

Take 3 tabs sublingually 3 times a day on an empty stomach (30 minutes before eating).

**No vitamins the day of surgery!**

Resume the vitamins the day after surgery if tolerated (otherwise wait until appetite has returned to normal).

Please take as instructed and stay hydrated.

**Please remember, nothing to eat or drink after midnight the night before surgery and the day of surgery unless otherwise instructed.**