

## HOMEOPATHY FOR SURGERY: QUICK REFERENCE

TIPS: Remember! You don't have to try them all, but these remedies list some top homeopathy remedies for after surgery. Remember to slow down and check if any of them are right for you before using them.

### **Aconite 30c**

For panic, fright, shock, anxiety, and fear. Also good for managing swelling or bleeding.

### **Arnica 30c or 200c**

Helpful for shock, trauma, and bruising.

### **Bellis perennis 30c or 200c**

Great for deep, aching pain, especially for soft tissue injuries like breast or abdomen pain.

### **Calendula 30c**

Speeds up wound healing if needed.

### **Gelsemium 30c**

Useful for anticipatory anxiety.

### **Hypericum 30c or 200c**

Good for lacerating, shooting pain, spasms, and violent sharp pain. Ideal for nerve injuries or puncture wounds.

### **Bryonia 30c or 200c or 1M**

When there's pain with the slightest movement, especially for broken bones.

### **Staphysagria 200c**

Helpful for surgical wounds, feelings of violation, stitches, and pain at the wound site. You might feel anger or resentment and not want to be touched.

*Consider these for other issues:*

### **Nux vomica or Arsenicum album**

For nausea, diarrhea, and constipation after anesthesia.

### **Phosphorus**

For headaches and difficulty waking up from anesthesia.