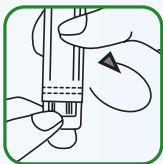


# Patient recovery instructions

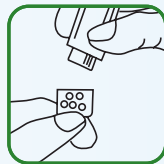
## PROCEDURE RECOVERY KITS

- I recommend Boiron Arnica to help reduce swelling, bruising and discomfort to help shorten the recovery time after surgery
- Begin using Arnica pellets 2 days prior to procedure and continue as long as necessary.
- Each kit contains 3 tubes of Boiron Arnica homeopathic pellets (enough for 15 days of treatment)
- Continue to use until symptoms improve
- Take Boiron Arnica 12C, 5 pellets 3 times a day. Start taking Boiron Arnica 2 days prior to surgery then continue until symptoms improve.
- In addition to Boiron Arnica pellets, you can use the quickly-absorbed topical formulas. Use Arnicare Cream for facial procedures and Arnicare Gel for all other procedures including post-surgery. Avoid contact with eyes and open wounds.

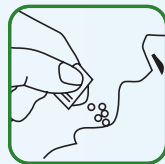
### How to Dispense:



Pull tab first. Turn the tube upside down and twist the pellet dispenser.



Continue to twist until 5 pellets have fallen into the cap. Carefully remove the cap.



Use the cap to pour the pellets into your mouth and allow them to dissolve.

**BOIRON®**

