

# Pre & Post Surgical Support Plan:

## A Functional Medicine Approach to Optimize Healing and Recovery

Every individual heals differently. Your ability to clear anesthesia, manage inflammation, and regenerate tissue is unique. This guide offers foundational steps that can be personalized to your needs. Work closely with your provider to adjust based on your specific surgery, health history, and recovery goals.

### STEP 1: Pause Certain Supplements Before Surgery

#### 1 Week Before Surgery

STOP the following supplements due to blood thinning effects:

- EPA/DHA (Fish Oil)
- Quercetin (Quercisorb)
- Turmeric
- Green Tea
- Bromelain
- Ginger
- Garlic
- Aspirin (unless medically necessary)
- Any other blood-thinning supplements or medications (verify with your provider)

#### 24 Hours Before Surgery

STOP all other supplements unless otherwise directed by your surgical team.

[List of supplements to avoid before surgery](#)

### STEP 2: IV or Oral Nutrient Support

#### Myers Cocktail IV Therapy

Supports immune health, detox, and recovery.

### Recommended: 6 total sessions

- 1–2 sessions the week before surgery
- 1–2 sessions as soon as able post-op  
May include Vitamin C or Glutathione push

Find a local IV therapy provider or use a mobile service:

[AZ IV Medics \(Arizona\)](#)

[What is a Myers Cocktail?](#)

### If You Prefer Oral Support Instead:

- **S-Acetyl Glutathione Synergy** – 2 capsules AM, 1 capsule noon, 1 capsule PM
- **Stellar C** – 2 capsules AM, 2 capsules noon, 2 capsules PM

## STEP 3: Gut, Immune & Tissue Support

Start 1 week before and continue for 2 weeks after surgery. These help reduce antibiotic side effects and support tissue healing.

Supplement	Product & Dose
Glutamine	GI Revive: 7 caps or 1 Tbsp daily OR L-Glutamine: $\frac{3}{4}$ tsp daily
Probiotic	PROBIOMED 100 by DFH – 2 capsules daily
Glutathione/NAC	S-Acetyl Glutathione Synergy – 2 capsules daily
Collagen	Whole Body Collagen by DFH – 1 scoop in water daily
Vitamin D3	Hi-Po Emulsi-D3 Liquid – 3 drops daily

[How probiotics support surgery recovery](#)

## STEP 4: Post-Surgical Recovery & Advanced Therapies

In addition to nutrition and supplements, these tools accelerate healing:

## Energy & Circulation Therapies

- Frequency Specific Microcurrent (FSM)  
[Cleveland Clinic Guide to FSM](#)
- PEMF (Pulsed Electromagnetic Field Therapy)  
[PEMF Benefits](#)
- Red Light Therapy  
[Red Light Therapy Overview](#)
- Infrared Sauna Therapy  
[Mayo Clinic FAQ](#)
- Hyperbaric Oxygen Therapy  
[HBOT Overview](#)

## Manual & Integrative Therapies

- **Osteopathic Manipulation** – Optimizes alignment, blood flow, and reduces compensatory pain
- **Acupuncture** – Reduces pain, calms nervous system, improves energy flow  
[HealFaster Acupuncture](#)

## Bonus Tips

Daily green smoothies (spinach, avocado, berries, collagen, MCT oil) for detox and healing

- Prioritize sleep and deep breathing to shift into healing mode
- Limit screen time, reduce stress, and move gently as tolerated

## Final Notes

This protocol is designed to be flexible and customized based on:

- Type of surgery
- Current medications
- Detox capacity
- Immune status
- Your functional medicine evaluation

Always consult your surgeon and functional medicine provider before starting or stopping any therapy.