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PLASTIC SURGERY OF THE FACE, BREAST AND BODY
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

THE OFFICES AT MERRICK PARK 4425 PONCE DE LEON BLVD. SUITE 200 CORAL GABLES, FLORIDA 33146 - 305.381.8837 - drbaker.com

VITAMINS INSTRUCTIONS

1. BROMELAIN WITH QUERCETIN

Take **Bromelain** capsules 3 days prior to surgery and continue until the inflammation has subsided (usually 7 days).

- Take 2 capsules, 3 times a day. Bromelain should be taken between meals preferably on an empty stomach. For example: upon awakening, late morning and late afternoon.

2. ARNICA MONTANA 30X

Start taking **Arnica Montana** immediately after your surgery and continue taking until the bruising and swelling has subsided (usually 7-14 days).

- Take 3 tablets, 3 times a day. Important: Place tablets under the tongue and let dissolve. Do not brush your teeth, eat, or drink anything but water, 15 minutes before and 15 minutes after taking Arnica Montana. Do not handle the tablets.

**If any question is not covered by the above, ask us any time. There is every opportunity to have all your questions addressed.
Call us: 305-381-8837.**