

Surgical Protocols: Practical Homeopathy® Helps Create More Positive Outcomes

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Homeopathy doesn't change, my friends. However, our understanding of it continues to grow and evolve, just like with any scientific pursuit.

Years ago, I posted a blog article on surgical protocols. In the ensuing years (13 to be exact, at the time of this writing), I have adjusted these protocols and the information I provide to my clients and students.

Now, I'd like to share them with you. Many of you are new to my site and may not have discovered my older posts. Some of you have found the older posts and may wonder why the information may be slightly different.

If you enjoy this content, please share it. Also check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#).

As I mentioned recently, if you read the very first of my blog posts, you'll see I was quite classical in my approach. I leave all those posts there so that you can see my evolution as a homeopath. They also show that in homeopathy, there's generally more than one way to scramble an egg.

When we need conventional medicine for a necessary surgery – such as setting a bone or repairing injuries from an accident – these surgical protocols will help the body return to homeostasis, both during the procedure and as it recovers afterward.

Ensure that your caregiver, advocate or family member also has this information to assist you through the event, as stress can sometimes cause our brains to skip a beat.



Surgical Protocols

Before Surgery:

[Arnica montana 200C](#) is given the night before and morning of surgery. Arnica has a reputation for keeping infections at bay, minimizing the shock to the system, reducing swelling, and minimizing the possibility of hemorrhages, while also putting the patient at ease.

An additional precaution is to add [Hypericum perforatum 200C](#) mixed with or taken along with [Arsenicum album 200C](#). Taking these medicines on the day of surgery, as well as the following few days, is reported to protect against infection,

swelling and other complications.

After Surgery:

Arnica 200C can be repeated as soon as possible after surgery and administered every few hours or so for the first day. Then, it may be repeated as often as required for pain.

If the pain is persistent, this may indicate the need for *Hypericum* 200C to be alternated with *Arnica*. For example, *Arnica* is given at noon and 4 p.m., while *Hypericum* is given at 1 p.m., 5 p.m., and so on. As soon as there is some relief from pain, the remedies are tapered to a more open frequency.

The more intense the pain, the more likely these remedies are essential. As improvement ensues, the need for the remedy will decrease, and the space between each dose will lengthen even further.

There are times when other homeopathics are required, such as [*Staphysagria* 200C](#) for incisional pain or [*Nux vomica* 200C](#) for nausea or other gastrointestinal issues from anesthetic.s or other drugs. One or both of these can be integrated into the above schedule.

[*Phosphorus* 200C](#) also comes into use as a powerful remedy for headaches following anesthesia, as well as difficulty withdrawing from it.

X-Ray Protocol:

A method considered around X-rays is to incorporate *Calc fluor* 12X and *Nat mur* 6X. Each one is taken twice in one day (on the day of the X-ray). This process may be repeated one week later.

As Recovery Ensues:

As the apparent need for remedies is no longer required, they should be eliminated from the schedule.

I generally provide Remedy Cards for the homeopathic medicines I discuss in my blog posts. However, I would prefer all this information remain together – in one place – rather than several separate cards.

So, feel free to print out this blog post and keep it in a safe place for future reference. You never know when an accident can trigger a necessary surgery for you or one of your loved ones. These surgical protocols will be just what the doctor ordered ... well, you know what I mean.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. If you want to learn more about these medicines and their application to surgical procedures, you'll need a *materia medica* (an alphabetical listing of homeopathic medicines, along with their keynotes and most appropriate uses).

If you're not quite ready to dive into the over 2,000 pages of a professional *materia medica*, I have just the thing. I wrote [*A Materia Medica: Practical Homeopathy® for Busy Families*](#), just for you, in common, easy-to-understand language. I detail over 150 of the most commonly utilized homeopathic medicines and provide stories and insights on how I've used them in my family and my practice. This book most assuredly belongs on

your reference shelf.

P.P.S. This Monday, October 13, 2025, at 8 p.m. EDT, we'll continue this conversation. Surgery, whether scheduled or emergent, is something you must be prepared for. Let's go over the remedies you should have on hand and those you might not have thought of when the unexpected comes your way.

Join me within my [Joette's Mighty Members site](#) or on our simulcast network through the [Joette Calabrese Facebook page](#), [YouTube](#), [X \(formerly Twitter\)](#), [Rumble](#) and [Instagram](#).

Invite your friends! Everyone should have this information ... just in case.

Joette is not a physician, nor is she prescribing, advising or making health decisions for you. The relationship between you and Joette is not one of a patient and prescriber, but rather that of a client and educator. It is fully your choice whether or not to take advantage of this educational information.