

## **Preoperative Vitamins**

Vitamins are available through the Vitamin Shoppe. The location closest to our office is:

19111 Gulf Freeway

Webster, TX 77598

Located at the intersection of Bay Area Blvd and I-45 on the northbound side of the freeway

281-554-2364

1. Arnica Montana 30x      4 tablets twice daily
2. Vitamin C 500 mg      1 tablet twice daily
3. Bromelain 500 mg      1 tablet twice daily
4. Vitamin K1 100 mcg      1 tablet twice daily
5. Folic acid 800 mcg      1 tablet twice daily
6. Zinc 50 mg              1 tablet twice daily

Please take vitamins with meals for 5 days prior to and 5 days following surgery. You may take the vitamins on the morning of surgery with a small sip of water. The Arnica Montana may be continued if desired for a total of 10 days following surgery.