

POST-SURGERY SUPPLEMENT TRACKER

Patient Recovery Phase: Week _____

Date: _____

Surgeon: _____

SUPPLEMENT & DOSAGE	TIMING	WEEKLY TRACKING (M / T / W / T / F / S / S)	PURPOSE
Arnica Montana 3 pellets / 30C	Sublingual 3x Daily	M	BRUISING Reduce swelling
		T	
		W	
		T	
		F	
		S	
		S	
Vitamin C + Zinc 500mg / 15mg	With Food Morning	M	HEALING Tissue repair
		T	
		W	
		T	
		F	
		S	
		S	
Bromelain 500mg	Empty Stomach 2x Daily	M	INFLAMMATION Anti-inflammatory
		T	
		W	
		T	
		F	
		S	
		S	

RECOVERY NOTES & SYMPTOMS

Use this space to record pain levels (1-10), temperature, or any side effects noticed...

Consult with your physician before starting any new supplement regimen. Discontinue use immediately if adverse reactions occur.