



PLASTIC SURGERY AUSTIN
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Arnica Montana

What is it?

Arnica Montana is daisy-like plant native to Europe, Asia and North America that is sometimes referred to as the “mountain daisy” or “leopard’s bane”. While there are a variety of different products and uses for arnica, homeopathic Arnica Montana is the most common preparation designed for use as a natural treatment for bruising.

While regular drugs are usually employed to suppress or prevent symptoms from occurring and are sometimes taken indefinitely, homeopathic prescriptions are designed to stimulate a healing response. Arnica is believed to increase the flow of blood around bruised tissue causing escaped fluids to be absorbed by the body. The absorption of the fluids makes black and blue marks go away faster and reduces the swelling by relieving the pressure on nerve endings.

Due to their delicate nature, homeopathic preparations are always delivered sublingually (i.e. under the tongue). When taking homeopathic tablets, drop the tablets into the lid of the bottle (not in your hand) and place the tablets under your tongue. This prevents the medication from rubbing off into your hand.

How much do I take?

Dosing frequency depends on the brand and strength of the tablets purchased. It is best to follow the dosing instructions on the bottle. Take the recommended daily dosage for 3 days before the procedure and for 5 days after to best resolve bruising and swelling.

What types of procedures will benefit?

Injectables and fillers, non-surgical or minimally invasive procedures like facial laser treatments or blepharoplasty (e.g. Fraxel® or eyelid surgery), all facial surgeries. In fact, multiple studies have found that patients taking Arnica Montana before facial surgery have exhibited less bruising than those who did not. It has also been found that everyday bumps and bruises can benefit from Arnica Montana due to its stimulation to the healing cascade.

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