

Post-Operative Pain and Swelling

What Is Post-Operative Pain and Swelling?

Post-operative pain and swelling, along with bruising, is a normal part of the recovery process after any operation or surgery.

What Causes Post-Operative Pain and Swelling?

Following surgery and medical intervention, recovery can be impeded by inflammation and swelling (see scarring and lesions). If this inflammation and swelling is not attended to, the recovery can be brought to a standstill.

Post-Operative Pain and Swelling FAQ

Q: I am in pain and have experienced a lot of swelling in my knees since the operation. I'm trying to keep healthy after my procedure and wondering what can be done to help? Many thanks.

A: I'm going to suggest you follow my Post-Operative Pain and Swelling Plan. Keep to a healthy diet too to speed up the recovery and healing process. The SerraEnzyme will help to ease the pain and inflammation, while the HealthPoint™ can help to pinpoint the pain and treat the post-operative swelling.



“I was feeling really fed up after my operation to remove a ganglion cyst from my foot. I knew that there would be some swelling, but I had no idea by how much! I was in a lot of pain and just wanted to feel normal again. I took the Serrapeptase like you suggested, and within a day or two the pain had reduced, and a few days after that the swelling was considerably less. Within a week it was virtually non-existent. It really is as you describe - a miracle.”

- Jade, Sutton Benger



Follow the Health Plan as recommended for the best results:

POST-OPERATIVE PAIN AND SWELLING HEALTH PLAN

The following plan can aid in helping to heal any post-operative pain or swelling, especially when followed with a naturally healthy lifestyle for long-term good health and healing.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:*

- **SerraEnzyme 250,000IU** - Take Serrapeptase. Take 1 x 4 times per day, 30 minutes before a meal and then gradually reduce to take one, twice a day as you get relief.
- **HealthPoint™** - Use daily onto the appropriate electro-acupressure points. An electro-acupressure device, use to treat the appropriate points as it's highly effective in treating post-operative swelling. **(See www.dovehealth.com for more information.)**

Along with the above, it's recommended that you:

- Elevate your lower legs to alleviate any swelling.
- Rest the area and exercise sensibly.