

ARNICARE RECOVERY PROTOCOL

ARNICARE (oral)

Boiron® Arnica Pellets For reduction of Swelling, Bruising and Pain

- 12CH:** Injections, laser treatments
- 30CH:** Injections, laser treatments, surgeries
- 200CH:** Surgeries

Administration and Dosing:

Place pellets under tongue and allow them to dissolve.
Take Arnica pellets away from meals.

Before the procedure: 5 pellets 3 times per day for 2 days

After the procedure: 5 pellets 3 times per day for 5 to 7 days

How to Take the Pellets?



1 Pull and remove tab first.
Turn the tube upside down and twist the dispenser.



2 Continue to twist until 5 pellets have fallen into the cap.
Carefully remove the cap.



3 Use the cap to pour the pellets under the tongue
and allow them to dissolve in the mouth.

BOIRON®
LABORATORIES