



Homeopathic arnica after delivery

Arnica is a well known homeopathic remedy to combat bruising, shock & trauma & can be used after a normal delivery if you've had stitches or have a bruised bottom, or after a forceps or ventouse delivery or a Caesarean section. Unlike most other homeopathic remedies which must be prescribed individually for your exact symptoms, arnica is universally acceptable, & can be used either in tablet form or as a cream, although the cream should not be put directly onto a wound. You can buy arnica tablets in health stores – ask for the 30C strength if available. Once you've had your baby, take one tablet four hourly for five days, then stop. If you have had a

forceps, ventouse or Caesarean you should increase the dose but this does not mean taking more tablets each time – instead you should increase the *frequency*, taking one tablet every two hours instead of every four.



Tip the tablet into the lid of the bottle & don't allow anyone else to handle it. Don't use a metal spoon either, as the metal will prevent the remedy working. Don't eat, drink, clean your teeth (or smoke) for 15 minutes before & after taking each remedy. Don't swallow the tablets – let them dissolve under your tongue. Homeopathy won't interfere with any prescribed medications. However **always tell your midwife you're taking homeopathic remedies.**

Leaflet written by Denise Tiran, Expectancy's Director, and intended as a general guide only

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