

Homeopathic Pain and Pre/Post Surgery Considerations

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Homeopathy is a gentle, yet extremely powerful form of alternative medicine. In its capacity to mitigate pain, swelling, inflammation and general suffering, it has been greatly underrated and, dare I say, under-appreciated. In my studies and practice which began in 2004, I have seen that using well-chosen remedies (or specially compounded combination remedies) during pain or after surgery can significantly reduce the perceived need for pain medications. I use the word “perceived” here as pain is a relative and highly personal experience. What one person experiences as “comfort” may vary vastly from the person sitting next to them!

I think my greatest post-surgical success was with myself as “guinea pig”– my first two children were born via emergency cesarean section (major abdominal surgery on top of childbirth!). After the surgical anesthesia wore off, I avoided ALL conventional pain medications simply by taking homeopathic remedies liberally when pain first began to return... and I was in very little discomfort through the entire process. Another major success I have personally had is with Gallstones - as of 2026, I have passed over 250 stones and still have my gallbladder. Even with colics that lasted as long as 6 hours, with the liberal use of well chosen homeopathic remedies, I have never taken a conventional pain med for them.

Tips from the Clinic...

- **Shake/Succuss** the liquid remedy 2-5 times before each dose for best results
- **Dosing:** Taking regular doses in the first few days - weeks after surgery is very helpful to keep pain levels to a minimum and reduce the need for conventional pain medications
- **Stay on top of the pain.** When you first notice the pain coming back, easing in, you notice your body is becoming uncomfortable, restless, you become nauseated, slightly agitated, anxious, or irritable (or however you begin to feel DIFFERENT than you felt before)... this is when you want to take another dose of the remedy. **You can REDOSE AS OFTEN AS EVERY 10-15 minutes during acute pain**
- **Response rate:** Some people will notice the soothing effect of a remedy in a few minutes. For some it may take 10-30 minutes to “kick in”. Knowing how you personally respond to remedies will help you increase your success rate in pain relief
- **When do you start the next higher potency/new bottle?** When you notice that a remedy is not giving you the same relief it once was, it is either 1. Time for a new

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potency/next bottle, or 2. Time for a new remedy. After surgery, especially in the first week, it's usually the case that it's time for a new potency/next bottle

- **Benefits:** In Clinic, Homeopaths have observed that homeopathic remedies can help reduce the risk of infection, help reduce the formation of scar tissue, increase the rate of healing and boost emotional/mental health.
- **For intense pain situations,** you may have to repeat the remedy every 10-15 minutes (I have done this 1000's of times in acute pain such as for gallstone colics, cluster headaches, migraines, postpartum, after surgery and freshly broken bones...)
- **As you get further into the healing process,** your need for these post surgery remedies will decrease and "situation specific" needs will arise. For example – in Joint replacement scenarios, you may have continued swelling, infection, stiffness, ligament issues, sharp pains, etc. We can address these homeopathically with specific remedies. **In addition to the homeopathic work,** beginning/continuing bodywork with Bill will be highly beneficial to help your body learn to find comfort again, to ease pain and stiffness and to help you adjust to your new "bionic" parts and changes. You can learn more about Bill's work here <https://ashevillesystema.com/about-bill/>

**If you have questions or need help at any time,
please reach out to me ASAP via TEXT or PHONE.**

**My direct number is 828-707-1290.
Blessings on your healing and recovery!**

Christina

All information provided in this sheet is for educational purposes only. It is not intended to treat, diagnose, cure or prevent, nor substitute for medical advice from a licensed medical professional. All homeopathic remedies are used at your own risk. The information provided is to help increase the chances of success while using the remedies.