

Cavitation Surgery Checklist

by Debug Your Health, February 2017, updated November 2019

Find a practitioner:

- Removes the periodontal membrane.
- Uses ozone during the procedure for washing & cleaning.
- Does PRF or equivalent technique.
- Does not force the jaw open.
- Does ozone injection immediately after stitching up the surgery site, and also post-op. Bonus points if they inject Traumeel after stitching too.
- Does not drill into the sinuses through the mouth, or puncture the sinus membrane.
- Bonus points if they offer Vitamin C IV drip during the procedure.
- Bonus points if they use Carbocaine 3% plain and no Lidocaine.
- Check reviews on the practitioner - online and offline.

Pre-Op:

- Osteopathic or other cranial practitioner treatment.
- Eat well.
- Sleep well.
- De-stress.
- Request days off work.
- Check & correct vitamin and mineral deficiencies.
- 4g oral Vitamin C and 10KIUs Vitamin D3 starting a week before extraction. Vitamin K2 may also be helpful.
- Order essential healing remedy: [Body Mend](#). Optional remedies: [Dental Chord](#), [Bacteria Chord](#), [Lymph Tone III](#) and [Adrenal Terrain](#).



Immediate Post-Op:

- Gently swish with ozone water, colloidal silver, activated charcoal, warm salt water, or any other anti-microbial after every meal for at least the first week.
- Vitamin C - 25g-30g IV drip if possible. If not, then oral liposomal of 10grams.
- Body Mend - 5-10 drops orally every few hours.
- Traumeel topically on the cheek / skin outside the surgery site.
- Ice on & off for 20 minutes.
- Eat soft foods that are not spicy. Do not use a straw.

Long-Term Post-Op:

- Osteopathic or other cranial practitioner treatment.
- Body Mend - This remedy can still be necessary up to 3 months after surgery.
- Drainage and detox remedies will depend on the person and the bacteria. Try the drainage remedies ordered in the Pre-Op. 5-10 drops twice a day.
- Depending on the person/situation ozone injections may be needed. Use muscle testing to determine necessity. Possible Ozone Injections at the following intervals:
 - 1 week
 - 2 weeks
 - 3 weeks
 - 4 weeks
 - 6 weeks
 - 8 weeks
 - 10 weeks
 - Possibly more frequently and for a longer time, depending on symptoms, person and testing
- ✧ Skin brushing from the head down into the lymph watersheds in the chest (optional).

