

# Cavitation Surgery Checklist

by Debug Your Health, August 2016

## Find a practitioner:

- Removes the periodontal membrane.
- Uses Ozone during the procedure.
- Does PRF or equivalent technique.
- Does not force the jaw open.
- Does ozone injections after procedure.
- Does not drill into the sinuses through the mouth, or puncture the sinus membrane.
- 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 Vitamin C and 10kIUs Vitamin D2 starting a week before extraction.
- Order Drainage Remedies: [Body Mend](#), [Dental Chord](#), [Bacteria Chord](#), [Lymph Tone III](#) and [Adrenal Terrain](#).

## Immediate Post-Op:

- Swish with ozone water, hydrogen peroxide, salt water, or any other anti-microbial twice per day for the first week.
- Vitamin C - 30g IV drip if possible. If not, then oral liposomal of 10grams.
- Body Mend - 5-10 drops orally every few hours.



### Long-Term Post-Op:

- Osteopathic or other cranial practitioner treatment.
- 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.
- Ozone Injections at:
  - 1 week
  - 2 weeks
  - 3 weeks
  - 4 weeks
  - 6 weeks
  - 8 weeks
  - 10 weeks
  - Possibly more, depending on symptoms, person and testing

