

Post Operation Traditional Chinese Medicine

Surgical treatment can play a crucial role in the recovery and rehabilitation process.

Clinical evidence confirms that Traditional Chinese Medicine (TCM) can improve the bodily functions, accelerate the healing process, and remove lesions.

From the perspective of TCM, a patient requires post-surgical treatment. Post operation, the body becomes weakened with an imbalance of the five internal organs. Blocked qi and blood, leads to the retention of negative qi causing a higher risk of disease (weakened immune system).

Patients will feel varying degrees of physical discomfort after surgery; with some patients recovering more slowly post-surgery.

Through the "Four Diagnosis" of inspection, auscultation (listening to the sounds of organs) and olfaction (the sense of smell), inquiry and palpation, a TCM practitioner will comprehensively analyse and provide appropriate Chinese medicine care to improve the patient's recovery process post-surgery.

Frequently Asked Questions:

(1) What are the common symptoms post-surgery?

Common local symptoms: pain (such as pain caused by wounds and scars), gastrointestinal discomfort (such as loss of appetite, abdominal pain, nausea, constipation, etc.), difficulty in urination, lymphedema, difficulty in physical activity, etc.

Symptoms of general weakness: tiredness, lack of physical strength, decreased resistance, decreased memory, pale complexion, cold hands and feet, irregular heartbeat, constant chest tightness, weakness in speech, prone to catch colds, headaches, insomnia, low mood etc.

(2) What is the role of using TCM for recovery after surgery?

TCM practitioners will analyse the patient's symptoms, assess the tongue, and pulse diagnosis, analyse the affected organs, the status of qi and blood, and the strength of the healthy qi, then make a diagnosis by prescribing Chinese medicine as part of a TCM care plan.

By improving the patient's physical condition, regulating qi and blood, and unblocking the meridians, symptoms can be alleviated and the quality of life, post-

Factsheet compiled by:

AcuSpa Ltd

Address: 50 Bridge Street, Manchester, M3 3BW, UK

Tel: 0161 711 0456, Email: info@acuspa.co.uk, Website: www.acuspa.co.uk

surgery can be improved. TCM practitioners attach significant importance to regulating and nourishing the spleen and stomach to improve the patients' digestion and absorption functions and speed up recovery.

Case example:

If intestinal adhesions and abdominal pain occur post-surgery, TCM practitioners believe that it is caused by a disharmony in the meridians, qi stagnation, and blood stasis.

Treatment is to warm the abdominal meridians and activate blood circulation to remove blood stasis.

The cause of insomnia after surgery is believed by TCM practitioners is damaged qi and blood with and insufficiency of the heart and spleen. Treatment should be to nourish the heart and spleen, nourish the heart and calm the mind.

Insufficient Qi and coughing can occur post-surgery. TCM practitioners believe that the underlying root cause is insufficient lung qi and will supplement the lungs and replenish qi.

(3) What is the role of acupuncture treatment after surgery?

Acupuncture uses needles on acupuncture points on the human body to balance the organs, unblocking meridians and regulate qi and blood. It has beneficial effects on local and systemic symptoms.

Acupuncture has a particularly significant effect on the rehabilitation of orthopaedic surgery. In addition to promoting blood circulation, removing blood stasis, reducing swelling, and relieving pain, it can also relax tense muscles, invigorate weak muscles, and increase joint mobility.

During treatment, TCM practitioners will perform acupuncture treatments at various stages post-surgery to promote limb joint function and accelerate the patient's ability to actively recover.

(4) From the perspective of TCM, what factors affect recovery?

The patient's age, physical condition, complexity of surgery all affect the patient's road to recovery. Those who are younger, stronger, and undergo minor/minimally invasive surgery have a better surgical prognosis. Those who are older and frail and lose blood during surgery, or have complications are likely to have a poorer prognosis.

Factsheet compiled by:

AcuSpa Ltd

Address: 50 Bridge Street, Manchester, M3 3BW, UK

Tel: 0161 711 0456, Email: info@acuspa.co.uk, Website: www.acuspa.co.uk

Recovery can be accelerated through treatment with a combination of Chinese medicine and acupuncture.

(5) How long after surgery can I use/have Chinese medicine or acupuncture?

Chinese medicine and acupuncture can be used 3 days post operation, or after any post-surgery complications have been addressed. Patients with chronic diseases, such as liver and kidney insufficiency, diabetes, high blood pressure, heart disease, or taking multiple medications, are strongly advised to take Chinese medicine under the guidance of a TCM practitioner.

For some patients who are not suitable to take Chinese medicine; acupuncture treatment can be used.

(6) Situations that are not suitable for Chinese medicine or acupuncture treatment.

Complications occur after surgery. Those with fractures or severe skin damage.

(7) What is the course of treatment with Chinese medicine and acupuncture?

The course of treatment varies from patient to patient, considering the nature of the operation, physical wellbeing, and severity of symptoms. The treatment period ranges from one to six months.

(8) Are there any risks in using Western (modern) medicine at the same time?

Patients should report all past medical history and medication to the TCM practitioner for assessment, which should take place at the pre operation stage. It is recommended to take Chinese and Western medicines 3-4 hours apart.

Factsheet compiled by:

AcuSpa Ltd

Address: 50 Bridge Street, Manchester, M3 3BW, UK

Tel: 0161 711 0456, Email: info@acuspa.co.uk, Website: www.acuspa.co.uk