	Day of surgery	1ST	2ND	3RD	4TH	5TH	6TH	7TH	7-10 days	10-35 days	After 35 days
Arnica 12C	2 times today	3 times/day	√	√	√	√	√	√	√		
Keflex (Antibiotic)	NO	√	√	√	√	√	√	√			
Ambien/Lunesta (Sleep)	11 pm (1 tab)	√	if you need it then take 1/4-1/2 tab and wean off								
Vicodin/Percocet (Pain)	every 4-6hrs. As needed		√	wean off and switch to Tylenol							
Ice Compress (4 ice cubes in glove)	Almost continuous till 12MN		3 times/day	√	√	√	√	√	√	Once a day	
	NO	NO	3-5 times/day	√	√	√	√	√	√	√	
Glasses (if they are light)	√	√	√	√	√	√	√	NO	NO	√	√
Contact Lenses	NO	NO	NO	NO	√	√	√	√	√	√	√
Blowing Nose	NO	NO	NO	NO	NO	NO	NO	NO	NO	√	√
Eliptical, Stairmaster, Walking brisk on treadmill	NO	NO	NO	NO	NO	NO	NO	NO	NO	start light and gradually ↑	
Light exercising with NO forward head bending	NO	NO	NO	NO	NO	NO	NO	NO	NO	√	√
Jogging, Swimming, Volleyball, Tennis, Basketball	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	√