Cavitation Surgery Checklist
by Debug Your Health, February 2017

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.
- 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 frequently and for a longer time, depending on symptoms, person and testing
- Skin brushing (optional).