Nerve Recovery

Fullscript patient shopping guide | Dr. Paul Morton | Pacific Bone & Joint

The following supplements are optional and are not proven to speed nerve regeneration after surgery. Review any new products with your clinician before use.

Why these supplements are included

• Alpha-lipoic acid (ALA) is an antioxidant used in some nerve-health regimens; evidence for improving recovery after carpal tunnel release is limited.

• Curcumin phytosome is an absorbable turmeric formulation intended to support normal inflammatory pathways; clinical evidence for improved surgical nerve recovery is limited.

• Active B-complex provides B vitamins important for normal nerve function. Avoid taking additional high-dose vitamin B6, which can itself cause neuropathy.

• Vitamin C may help reduce the risk of complex regional pain syndrome (CRPS) after surgery, although the evidence is mixed.

Products in your Fullscript plan

Alpha Lipoic Acid 600 mg	Pure Encapsulations	1 capsule daily for 3 months
Curcumin Phytosome (formerly Meriva)	Thorne	1 capsule twice daily for 3 months
Methyl B Complex	Ortho Molecular Products	1 capsule daily for 3 months
Vitamin C 500 mg	Thorne	1 capsule daily for 2 months

Purchase the products

OPEN FULLSCRIPT PLAN

Click the button or scan the QR code to shop. Fullscript may ask you to create an account.

Safety: Consult your clinician first, especially if taking blood thinners, diabetes medicines or other prescriptions, or if pregnant or nursing. For wound care, exercises and restrictions, follow your procedure-specific instructions.

Pacific Bone & Joint | (808) 439-6201 | Fullscript: Nerve Recovery Protocol