

## SINECCH™ SAFELY REDUCES ECCHYMOSIS AND EDEMA AFTER PLASTIC SURGICAL PROCEDURES

**S**INECCH™ is a unique homeopathic oral formulation with *Arnica montana* as the active ingredient that effectively reduces ecchymosis and edema after plastic surgical procedures. *A. montana* is a perennial herb found primarily in central Europe, where it has been used for centuries to reduce swelling and bruising. SINECCH is a pharmaceutical quality homeopathic preparation of *A. montana*. Surgeons may recommend SINECCH to their patients with confidence, because two recent research studies have proven its effectiveness and because it has been used safely by more than 200,000 patients undergoing plastic surgical procedures in the last 8 years.

### Clinical Studies Prove SINECCH Effective in Reducing Bruising and Swelling After Liposuction and Facelift Surgery

Two separate IRB-approved, prospective, randomized, double blind, placebo-controlled clinical trials evaluated the effectiveness of SINECCH. One recent study involved 29 adult female patients undergoing liposuction (1). The researcher photographed the patients (front, rear, left, and right sides) during postoperative weeks 1, 2, 3, and 4. Three independent plastic surgeons experienced in performing liposuction ranked the 29 patients' photographs from most to least bruising for each time period. The three independent surgeons' rankings were highly statistically significant in favor of SINECCH: Patients who received SINECCH

had significantly less ecchymosis and edema than patients receiving placebo ( $p < 0.006$ ,  $p < 0.003$ , and  $p < 0.0001$ ), respectively. There was no statistically significant difference in the volume of fat removed from the patients ( $p > 0.36$ ).

Another study evaluated SINECCH in 29 women undergoing facelift (same procedure for all patients) (2). The researchers photographed the patients on postoperative days 1, 5, 7, and 10, and used a computer imaging program to analyze all of the photographs and to calculate the area of bruising in the photographs.



Overall, the placebo group had 24% more bruising than the SINECCH group. The results were highly statistically significant for postoperative days 1 and 7. On postoperative day 1, the placebo group had an

average of 26% more square cm of bruising than did the SINECCH group ( $p < 0.0053$ ), and on postoperative day 7, the placebo group had 41% more square cm of bruising ( $p < 0.0003$ ). The bruising was 10% to 15% greater in the placebo groups on postoperative days 5 and 10, but did not reach statistical significance.

### SINECCH: A Safe Homeopathic Agent

Several published reports have shown no effect of other homeopathic preparations of *A. montana* on ecchymosis and edema. However, clinical studies using the

SINECCH formulations have shown statistically significant differences over placebo, because of the unique dose protocol of the SINECCH formulation. In a report published in 2003, homeopathic *A. montana*, the active ingredient in SINECCH, was stated to be safe for use in plastic surgery by the American Society of Plastic Surgeons' Device and Technology Assessment (DATA) Committee (3). The report says that although some current published data may be inconclusive, "...arnica may ultimately be proven to be an efficacious agent at limiting postoperative swelling and bruising, as the manufacturers claim. It is encouraging, for the time being, that significant toxicity has not been reported, despite increasingly widespread use of the agent (3)."

Since its introduction, SINECCH has been used by more than 200,000 patients. James L. Baker, MD, of Winter Park, FL, has been using SINECCH in his plastic surgery practice since he received it himself as a patient in 1996.

"I found it to be very effective. My patients seem to feel they have less swelling and less discomfort, and there have been no side effects," Dr. Baker stated. "Most of my patients ask about

getting arnica since they heard about it from their friends. The capsules are easy to take and are color-coded for the patients. The ease of administration is worth the money," he added.

SINECCH has been produced and marketed in the United States by **Alpine Pharmaceuticals** (San Rafael, CA), since 1997. SINECCH is the only dosage regimen

*"As an over-the-counter medication, arnica is commonly available in potencies from 6X to 30X and from 6C to 30C. Based on the published research, this is not the appropriate potency needed to treat the edema and ecchymosis that occur in surgical procedures."*

*—David Riley, MD*

proven to reduce postoperative bruising and swelling effectively. The FDA regulates the manufacture of all homeopathic medicines and has determined that homeopathic *A. montana* is so safe that it can be sold without a prescription. *A. montana* sold in health food stores, however, is not the same formulation as SINECCH. The DATA committee found eight studies using the health

food store arnica products, and all eight of the studies showed no benefit from these preparations.

In a 2003 letter to the editor titled *Arnica Montana and Homeopathic Dosing Guidelines*, David Riley, MD, explained for the benefit of plastic surgeons how to prescribe the various strengths of homeopathic arnica (4). SINECCH is the only product on the market that uses the correct strength for the treatment of ecchymosis and edema from major procedures, according to Dr. Riley's guidelines.

For more information concerning SINECCH, write to Alpine Pharmaceuticals, 1940 Fourth St., San Rafael, CA 94901; call Alpine at 1-888-746-3224; or visit Alpine's Web site at [www.alpinepharm.com](http://www.alpinepharm.com); or e-mail to [sinecch@aol.com](mailto:sinecch@aol.com).

#### References:

1. Kulick, M, Arnica montana in the reduction of ecchymosis and edema in liposuction. Presented at the American Society of Aesthetic Plastic Surgery, Las Vegas, NV, April 29, 2002. pp. 17-18.
2. Seeley, B, Homeopathic Arnica montana in the reduction of ecchymosis after face-lift. Presented at the American Academy of Facial Plastic and Reconstructive Surgery, New York, NY, May 5, 2002.
3. Lawrence, WT, *Plast Reconstr Surg.* 2003;112(4):1164-6.
4. Riley, D, *Plast Reconstr Surg.* 2003;112:693.