

Testimonial

Aloe Vera Testimonial: Robert's Knee Replacement

At the end of 2019 Robert Murray went into hospital for a knee replacement operation. Recovery time and after-effects of this surgery vary widely from patient to patient, but his nursing team were consistently amazed by the speed of his recovery, which involved drinking Aloe Vera juice and massaging with Aloe Vera gel.

Day 2 - Sunday December 1st 2019

On the day after Robert's operation, bruising started to appear on his leg. Morphine based pain medication had caused constipation, so he tripled his usual dose of Aloe Vera juice to 250mm per day, which rectified the problem. Interestingly, the swelling and inflammation also appeared to reduce.

At the point Robert could already walk much further than expected (using crutches), and nursing staff commented that they had never seen such a quick recovery.

Day 3 - Monday 2nd December 2019

Exacerbated by anti-clotting medication, more bruising appeared on day 3. With the blessing of the nursing team, Robert's wife began a regime of massaging both legs with Aloe Vera gel every two days, paying particular attention to the bruised areas. The massages appeared to help to move stagnant blood. Robert didn't suffer any issues with blood clotting after his operation.

By day 3 he was going to the toilet and showering by himself with limited assistance.

Day 4 – Tuesday 3rd December 2019

On day 4 Robert moved to the rehabilitation hospital. The nursing team had reduced his pain medication by half because the inflammation and pain had reduced so much.



This picture shows the bruising on Robert's leg on day 3 post op.

Day 5 - Wednesday 4th December 2019

At the rehab hospital Robert had two 1-hour physio sessions per day. The nurses and physiotherapists were impressed with his recovery and the amount and type of exercises he was able to perform so soon after the operation.

He was showering, shaving and using the toilet by himself from day 5. The nursing staff were very impressed with all the massaging and said they had never had any patient receive such great help with their recovery. They believed massaging with the Aloe Vera made an enormous difference.



This picture shows considerably less bruising by day 5 post op.

Day 7 - Friday 6th December 2019

By day 7, Robert was walking himself to the physiotherapy training gym using only one crutch. He never needed to use a wheelchair.

Robert went home on Saturday 14th December and continued with his Aloe Vera therapy and massage for a few more months. The inflammation continued its dramatic reduction, and his recovery was way ahead of schedule.

Robert believes his tripled Aloe Vera Juice intake and Aloe Vera gel massage achieved the following:

- Reduced inflammation and swelling
- Reduced pain (less pain medication required)
- Accelerated healing
- Eliminated need for constipation medication
- Intensive internal and external hydration

Robert and his family are incredibly grateful to Aloe Vera for its effect on his recovery