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KAMBO AFTERCARE

Things to consider after kambo:

1. Condition. Make sure you have eaten and can keep food in your stomach without purging before leaving. Check to see if you are fully aware and capable of driving yourself home safely or arrange transportation.
2. Make sure Kambo gates are dressed with Dragon's Blood and get instructions for wound care. Make sure you know what to do in case of infection. Here are instructions.
 - a. Email a photo of the gates to your Kambo Practitioner.
 - b. If there is pus around gates, express the pus, clean with warm salt water, then use either dragon's blood, colloidal silver, or antibiotic cream (such as Neosporin).
 - c. If infection continues, you must seek medical attention.
 - d. Keep in mind that certain skin types can remain red, swollen, and warm to touch for some time (a few days) after treatment. This does not mean gates are infected. Pus around the gate is indicative of infection.
3. There is no special diet with Kambo. You may eat what you can tolerate.
4. Be aware that emotions might come up after kambo. Your Kambo Practitioner can not assume the role of a therapist or counselor.



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5. Do not partake in sweat lodges, steam rooms, enemas, colonics, liver flushes, or water fasts for at least 3 days after taking kambo.
6. Call your Kambo Practitioner immediately if you experience pain, excessive nausea and vomiting, vomiting blood, or blood in stool.

Signature_____

Date_____