

Diosmin & Hesperidin

A supplement that reduces swelling — start it before surgery

Take it before *and* after surgery.

Starting it in advance rather than only afterward is the better approach — it is the same logic as the rest of this protocol: **get ahead of the swelling instead of chasing it.**

What it is

Diosmin and hesperidin are **flavonoids** — compounds derived from citrus fruit. They have been used for years to treat leg swelling in patients with vein problems, and they are well tolerated with low toxicity.

They are sold as a **dietary supplement**, not a prescription drug. You buy them over the counter.

Why I recommend it

Swelling is the enemy after a knee replacement. It causes pain, pain limits motion, and limited motion is what leaves people with a stiff knee. Anything that safely reduces swelling helps you win the race against scar tissue.

What the research shows

A **2025 randomized trial** of diosmin with hesperidin after total knee replacement found a meaningful difference in early knee bending:

Knee flexion	With supplement	Without
Day 1	78.8°	53.9°
Day 2	86.7°	65.0°
Day 14	104.9°	91.0°

Girgin et al., Journal of Arthroplasty, 2025. Randomized controlled trial. $p < 0.001$.

That is **nearly 14 degrees more bend at two weeks** — during exactly the window when motion matters most.

An honest word about the evidence

The swelling and pain benefits are well established. The flexion benefit is promising but newer.

A larger **2023 multicenter trial** (330 patients, 13 hospitals) confirmed that diosmin reduces swelling of the knee, calf, and thigh, and reduces pain during movement — but that trial did **not** find a significant difference in range of motion.

So: two good trials agree it reduces swelling and pain with motion. One found a real flexion benefit; the other did not. I think it is worth taking on the strength of the swelling and pain data alone — and the flexion result may well be real.

I would rather you hear that from me than find it yourself and wonder what else I glossed over.

How to take it

Buy 4 bottles.

One bottle per month, for **2 months before surgery** and **2 months after**.

Where to buy it

Swanson Vitamins — **Diosmin & Hesperidin, featuring DiosVein**, 60 capsules.

swansonvitamins.com/p/swanson-ultra-diosvein-diosmin-hesperidin-60-caps

Other brands are fine. What matters is the combination of diosmin and hesperidin, not the label.

Before you start

Tell us you are taking it — and check with us first if any of these apply:

- You take a **blood thinner** of any kind, including aspirin you started on your own
- You are **pregnant or breastfeeding**
- You have **liver disease**
- You take other prescription medications and are unsure about interactions

This is a supplement, not a harmless food. It is well tolerated, but it is still something you are taking, and we need it on your medication list.

References

1. Girgin AB, et al. Is a Combination of Diosmin and Hesperidin Effective on Swelling, Pain, and Range of Motion After Total Knee Arthroplasty? *J Arthroplasty*. 2025. (NCT06753448)
2. Wang Q, Jin Q, Cai L, et al. Efficacy of Diosmin in Reducing Lower-Extremity Swelling and Pain After Total Knee Arthroplasty: A Randomized, Controlled Multicenter Trial. *J Bone Joint Surg Am*. 2024;106:492-500.

This handout is general guidance for surgical recovery, not individualized medical advice. Your own plan comes from Dr. Olsen and is based on your health history. If you have questions, call the office at 952-831-8742.