



Medications to Avoid Before Surgery

Some medications contain aspirin and/or have effects that may cause more bleeding and bruising. **The following should be avoided for at least 10 days before AND after surgery:**

A.S.A.	Ecotrin	Nuprin
Advil	Emprin	Pabalate-SF
Aleve	Endep	Pamelor
Alka-Seltzer	Equagesic Tablets	Parnate
Anacin	Etrafon	Pepto-Bismol
Anaprox	Excedrin	Persantine
Ansaid	Feldene	Phenteramine
Argesic	Fiorinal	Phenylbutzone
Arthritis pain formula	Flexeril	Percodan
Arthropan Liquid	Gelpirin	Ponstel
Ascriptin	Gemnisyn	Robaxisal
Asperbuf	Ibuprofen (all types)	Rufen
Aspergum	Indocin	Saleta
Aspirin (all brands)	Indomethacin	Salocol
Atromid	Lanorinal	Sine-Aid/Sine-Off/Sinutab
B.C. Tablets & Powder	Lioresal	SK-65 Compound
Bayer Children's Cold	Magan	St. Joseph's Cold Tab
Buff-A Comp	Magsal	Sulindac
Buff-Tabs	Marnal	Synalgos
Bufferin	Marplan	Tagamet
Buffets II	Medomen	Talwin Compound
Buffinol	Methocarbamol w ASA	Tenuate Dospan
Butazolidin	Micrainin	Tolectin
Caffergot	Midol	Toradol
Cama Arthritis Pain	Mobidin	Triamincin
Carisoprodol (Soma)	Mobigesic	Trigesic
Celebrex	Momentum	Trilisate Tablets/Liquid Uracel
Clinoril	Motrin	Uracel
Cope Tablets	Nalfon	Vanquish
Darvon	Naprosyn	Verin
Disalcid	Naproxen	<u>Vicoprofen</u>
Dolobid	Nardil	Vioxx
Doloprin	Nicobid	Voltaren
Easprin	Norgesic	
	Orudis	

Tylenol (acetaminophen) is an acceptable alternative to the above. However, use is cautioned if you are already taking a narcotic that contains acetaminophen.

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**** NICOTINE PRODUCTS:** Nicotine reduces the blood flow to the skin and can impair wound healing and increase the risk of complications. This includes products for smoking cessation. It's NOT about inhalation, it's about nicotine in the bloodstream. **All Nicotine-containing products must be avoided for at 4 weeks prior to surgery and 4 weeks after. Failure to avoid smoking or nicotine before surgery may result in cancellation of surgery. Avoid:**

Cigarettes, Cigars, Hookah, E-cigarettes, Vapor products
Nicotine Gum, Nicotine Patches, chewing tobacco

****HORMONE REPLACEMENT THERAPY (ALL TYPES INCLUDING "BIOIDENTICAL")- all can cause blood clots in the legs which may lead to fatal pulmonary embolism**

-must be stopped a minimum of 1 week before surgery and 1 week after surgery

****BIRTH CONTROL PILLS- all can cause blood clots in the legs which may lead to fatal pulmonary embolism**

-must be stopped a minimum of 1 week before surgery and 1 week after surgery

-you will need to use another form of contraception

VITAMINS/HERBAL SUPPLEMENTS: These can cause increased bleeding and may affect surgical outcome and safety. **The following should be avoided for at least 10 days before and 10 days after surgery:**

Allium cepa	Flaxseed	Melatonin
Bilberry	Garlic supplements	Papain
Black Cohosh	Ginger	Red Clover
Bromelain	Ginko biloba	St. John's Wort
Cayenne	Ginseng	Turmeric root
Chondroitin sulfate	Glucosamine	Valerian
Dong Quai	Goldenseal	Vitamin C (more than 2000 mg daily)
Echinacea	Hawthorne	Vitamin E (more than 400mg daily)
Ephedra	Kava Kava	Yarrow
Feverfew	Licorice root	Yohimbe
Fish Oils (Omega-3)	Ma Huang	

DIET PILLS: Patients having surgery must discontinue any diet pills a minimum of 2 weeks prior to surgery. You may not resume until you are healed. This includes but is not limited to:

Phenetamine, Reduz, Ephedra (any type), HCG, Isagenix, Prescription diet pills, Over-the-counter Non-Prescription Diet Pills