



## MEDICATIONS TO AVOID BEFORE SURGERY

It is important to avoid certain medications prior to surgery. The following medications are known to increase the risk of bleeding, swelling, blood clots, and other potential complications if taken around the time of surgery. In addition to the list of medications below, it is extremely important that if you develop a cold, fever, rash, or any “new” medical problem close to your surgery date—please notify our office immediately.

### ASPIRIN AND ASPIRIN-CONTAINING MEDICATIONS

The following drugs contain aspirin and/or aspirin-like effects that may cause abnormal bleeding and bruising. **These drugs should be avoided for at least two weeks before AND after your surgery.**

A.P.C.	Doloprin	Nuprin
A.S.A.	Easprin	Orudis
A.S.A. Enseals	Ecotrin	Pabalate-SF
Advil	Emprin with Codeine	Pamelor
Aleve	Endep	Parnate
Alka-Seltzer Plus	Equagesic Tablets	Percodan
Alka-Seltzer	Etrafon	Pepto-Bismol (all types)
Anacin	Excedrin	Persantine
Anaprox	Feldene	Phenteramine
Ansaid	Fiorinal	Phenylbutzone
Argesic	Flagly	Ponstel
Arthritis pain formula	Four Way Cold Tablets	Propoxyphene Compound
Arthritis strength Bufferin	Gemnisyn	Robaxial
Arthropan Liquid	Gleprin	Rufen
AS.A.	Goody's	S-A-C
Ascriptin	Ibuprofen (all types)	Saleto
Asperbuf	Indocin	Salocol
Aspergum	Indomethacin	Sine-Aid/Sine-Off/Sinutab
Aspirin (all brands)	Lanorinal	SK-65 Compound
Atomid	Lioresal	St. Joseph's Cold Tab
B.C. Tablets & Powder	Magan	Sulindac
Backache Formula	Magsal	Synalgos
Bayer Children's Cold Tablets	Marnal	Tagamet
Buff-A Comp	Marplan	Talwin Compound
Bufferin	Medomen	Tenuate Dospan
Buffets II	Methocarbamol with Aspirin	Tolectin
Buffinol	Micrainin	Toradol
Buff-Tabs	Midol	Triamincin
Butazolidin	Mobidin	Trigesic
Caffergot	Mobigesic	Trilisate Tablets/Liquid
Cama Arthritis Pain Reliever	Momentum Muscular	Uracel
Carisoprodol	Motrin	Vanquish
Clinoril	Nalfon	Verin
Congestion Chewable	Naprosyn	Voltaren
Cope Tablets	Naproxen	Zorpin
Damason P	Nardil	Zorprin
Darvon	Nicobid	
Disalcid	Norgesic	
Dolobid	Norgesic Forte	



### ANESTHETIC ALTERING MEDICATIONS

The following drugs may cause undesirable side effects that could affect your anesthesia or surgery. Let your surgeon know if you are currently taking any of these medications.

Achromycin	Ephedrine	Procarbazine HCL
Adapin	Extrafon	Pseudoephedrine
Amitriptyline HCL/MCL	Flexeril	Sinequan
Amoxapine	Imipramine HCL	Sumycin
Anafranil	Isocarboxazid	Sumontil
Asendin	Limbitrol	Tetracycline
Aventyl	Ludiomil	Tofranil
Carbamezapine	Maprotiline HCL	Tranlycypromine
Co-Tylenol	Matylane	Tri-Cyclen
Comtrex	Medipren	Triavil
Desipramine HCL	Mystecin-F	Trimipramine maleate
Desyrel	Norpramin	Viagra
Dilantin	Nortriptyline HCL	Vibramycin
Doxepin HCL	Novahistine	Vioxx
Effexor	Omade	Vivactil
Elavil	Perphenazine	Zomax
Ephredra	Phenelzine sulfate	

### VITAMINS AND HERBAL SUPPLEMENTS

The following vitamins and herbal supplements may cause abnormal bleeding problems and can affect your cardiovascular system ultimately altering your surgical outcome and safety. **These vitamins/herbal supplements should be avoided for at least two weeks before AND after surgery.**

5-Hydroxytryptophan	Cranberry	Ginseng-Siberian	Pyridoxine (Vitamin B6)
Acai Berry	Curcumin	Glucosamine Sulfate	Royal Jelly
Aloe	Cysteine	Goldenseal	S-adenosylmethionine (SAME)
Astragalus	Damiana	Gotu Kola	Sarsaparilla
Bee Pollen	Dong Quai	Grapeseed Extract	Saw Palmetto
Bilberry	Echinacea	Green tea	Spirulina (Blue-green algae)
Black Cohosh	Ephedra (Ma Hung)	Guarana	St. John's Wart (all types)
Bovine Colostrum	Evening Primrose Oil	Kava Kava	Stinging nettle
Bromelain	Feverfew	Lecithin	Turmeric
Cascara Sagrada	Fish oils (omega-3 fatty acids)	Licorice	Valerian
Cat's Claw	Flaxseed Oil	Lovaza	Vanadium
Cayenne	Garlic	Melatonin	Vitamin E
Chondroitin	Ginger	Milk Thistle	Zinc
Chromium	Gingko Biloba	MSM	
Coenzyme Q10	Ginseng-Asian, Korean	Phenylalanine	



### **BLOOD-THINNING MEDICATIONS**

The following drugs including but not limited to Coumadin/Warfarin, Elmiron, Fragmin, Methotrexate, Plavix/Clopidogrel and Persantine **must be discussed with your prescribing physician concerning when to stop and re-start prior to and after your surgery.**

### **DIET PILLS**

**Patients having surgery must discontinue any diet pills for at least two weeks before AND after surgery.** This includes but is not limited to Phentermine, Redux, Meridia, and Ephedra (any type) as well as both prescription and over-the-counter (OTC) non-prescription diet pills. Please let your surgeon know if you have any questions about this policy, but the unknown risks of these substances outweigh the benefit of taking them prior to an elective procedure. **Failure to abide by this policy may result in cancellation of your surgery.**

### **NICOTINE PRODUCTS**

**The following substances should be stopped at least three months prior to surgery.** Nicotine reduces the blood flow to the skin and may impair or prevent healing. Quitting smoking drastically improves the body's response to surgery.

Cigarettes  
Cigars  
E-Cigs/Vaping

Nicotine Gum  
Nicotine Patch  
Nicotine Substitute