

**MEDICINES, VITAMINS & HERBAL SUPPLs. TO AVOID  
BEFORE AND AFTER YOUR UPCOMING SURGERY**



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**BLEEDING** is a natural consequence of surgery. However, certain medicines and dietary supplements can make bleeding more bothersome. Excessive bleeding can increase the risks of the surgical procedure, affect wound healing, and make your recovery from surgery slower. Additionally, smoking and exposure to second hand smoke can delay wound healing because nicotine makes small blood vessels shrink. This makes it harder for blood vessels to bring nutrients to help your tissues recover after surgery. Thus you should stop your exposure to nicotine smoke peri-operatively, as well as the medicines and herbals listed below. Please stop these for the appropriate length of time listed in advance of your upcoming surgery. Do not resume any of these post-operatively until you are cleared to do so by your surgeon. **If you have been prescribed blood thinners by another physician please notify them of your plans for surgery and the need to minimize their use before discontinuing them.**

<b>Aspirin containing products:</b>			<b>stop 10 days before surgery</b>
Alka Seltzer	Buffaprin	Empirin	Pepto Bismol
Anacin	Bufferin, all kinds	Goody's powders	Sine Off aspirin
Ascriptin	Cama arthritis pain relief	Midol	St. Joseph's aspirin
Aspergum	Doans pills	Mobiogesic	Trigesic
Bayer products	Ecotrin	Norgesic	Ursinus Inlay Tabs
BC powder	Excedrin	P-A-C Analgesic	Vanquish analgesic
<b>Ibuprofen or Naproxen containing products:</b>			<b>stop 7 days before surgery</b>
Advil, all kinds	Dristan Sinus	Midol IB	Sine Aid IB
Aleve	Haltran	Motrin IB	
Bayer Ibuprofen	Ibuprofen	Nuprin	
<b>Prescriptions containing products that facilitate bleeding:</b>			<b>stop 10 days before surgery</b>
Alpha-omega vitamins	Easprin	Magsa	Soma compound
Anaprox	Empirin	Mono-gesic	Synaigos
Coumadin (warfarin) stop only if deemed safe by your MD.	Equagesic	Norgesic & Norgesic Forte	Talwin
Darvon compound -65	Fiorinal, all kinds	Robaxisal	Trisalate
Discalid	Lortab ASA	Salflex	Vitamin E
<b>Vitamins &amp; Herbals:</b>			<b>stop 7 days before surgery</b>
Aloe Vera gel	Dong quai	Ginko biloba	Red clover
Astragalus	Dan shen	Ginseng	St. John's wort
Cat's claw	Ephedra	Green Tea	Valerian
Cinnamon root	Garlic, feverfew	Kava kava	Vitamin E
Chamomile	Ginger	Pau d'arco	