



What Medications to Avoid Before & After Surgery

Section I.

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for two weeks prior to surgery. This is not every medication known to cause problems, please inform us of any medications that you are currently taking. If you need to take something for relief of minor pain, you may take Tylenol.

4-way Cold Tablets	Chromium	Indocin	Phentermine
Advil/Aleve	Compound 65	Indomethacin	Phenylbutazone
Alka-Seltzer	Clinoril	Lortab ASA Tablets	Ponstel
Alka-Seltzer Plus	Congesprin	Magsal Tablets	Propoxyphene
Amino Acids	Cope	Measurin	Quagesic
Anacin	Coricidin	Meclomen	Relaten
Anaprox	Damason-P	Medipren	Robaxisol
Ansaid	Darvon (all compounds)	Meprobamate w/Aspirin	Ruten
A.P.C.	Disalcid	Methcarbamol w/ Aspirin	Sine-Aid
Argesic	Dolprin	Micrainin	Sine-Off w/Aspirin
Arthropan liquid	Doan's	Mobidin	Sinutab
Arthritis Pain Formula	Dolobid	Midol	Soma
Arthritis Strength	Dristan	Mobigesic	Sulindac
Bufferin	Duradyne DHC	Momentum Backache	Supac
ASA	Easprin	Motrin	Synalogs-AC Capsules
ASA Enseals	Ecotrin	Naltron	Tagamet
Ascriptin	Emprin with codeine	Naprosyn	Talwin
Aspercream	Endep	Naproxen	Tenuate
Aspergum	Equagesic	Nardil	Tolectin
Aspirin	Etraton	Nicobid	Toradol
Aspirin Suppositories	Fiorinal	Norgesic	Trandate
Axotal	Fish Oil	Norgesic Forte	Trenal
BC Powder	Flagyl	Nuprin	Triaminicin
Bruten	Flurbiprophen	Omega-3 Fatty Acids X	Trigesic
Bufferin	Garlic	Orphengesic	Trilisate
Buffex	Gelprin	Orudis	Uracel
Buffetts 11	Goodys Extra Strength Headache Powder	Pabalate-SF	Ursinus In-Lax Tablets
Buffinol	Echinacea	Pamelor	Valerian
But-Tabs	Ephedra	Pamprin	Vanquish
Butazolidin	Gingko Biloba	Pamate	Verin
Cama Arthritis Pain Reliever	Ginseng	Pepto-Bismol	Vioxx
Carisoprodol	Green Teas	Percodan	Vitamin C(1,000mg dose)
Celebrex	Kava Kava	Persantine	Vitamin E
Cephalgesic	St. John's Wort	Persistine	Voltaren
	Ibuprofen		Zactrin
			Zorprin



Section II.

The drugs listed below have undesirable side effects that may affect your anesthesia or surgery. Please let us know if you're currently taking any of these medications:

Achromycin	Dilantin	Norpramin	Tofranil
Adapin	Doxepin HCL	Nortriptyline HCL	Tranylcypramise
Amitriptyline	Elavil	Novahistine	Triavil
HCUMCL	Etrafon	Omade	Tricyclin
Aamoxapine	Flexeril	Perphenaxine	Trimipramin
Anafranil	Imipramine HCL	Phenelzine Sulfate	Vibramycin
Asendin	Isocarboxazid	Procarbazine HCL	Vivactil
Aventyl	Limnbitrol	Protriptyline HCL	Wellbutrin
Carbamazepine	Ludiomil	Prozac	Zoloft
Comtrex	Maprotiline HCL	Sinequan	Zomax
Co-Tylenol	Matulane	Surmontil	Zovirax
Desipramin HCL	Medipren	Sumycin	
Desyrel	Mysteclin F	Tetracycline	

Section III.

The following foods contain salicylates that affect bleeding clotting. They do not need to be omitted completely from your diet, but should be kept to a minimum for two weeks prior to surgery.

Almonds	Curry	Peaches	Tomato products
Apricots	Grapes	Pickles	Vinegar
Berries	Grapes juice	Plums	Wine
Cherries	Jellies & Preserves	Prunes	
Cucumbers	Nectarines	Raisins	
Currants	Oranges	Tomatoes	



Dietary Supplements and Their Hidden Dangers

Patients may fail to tell their doctors about supplements for a number of reasons. Many do not think of these products as medicine, and others are afraid of what their doctor may say to them.

A number of commonly used supplements can jeopardize your safety in surgery.

St. John's Wort, has a mild monoamine oxidase (MAO) inhibitory effect, and may intensify the effect of anesthesia. Stop taking seven days before surgery.

Yohimbe, (the "natural" Viagra®) and **licorice root**, also have MAO effects and increase the potency of the anesthetic.

Ginkgo biloba, a powerful anticoagulant is considered to be three times stronger than vitamin E. (causes bleeding). Stop taking it two days before surgery.

Ginger, Garlic, Cayenne and **Bilberry** have antiplatelet activity and may inhibit clot formation (can cause bleeding). Stop taking seven days before surgery.

Ginseng has been associated with episodes of high blood pressure and rapid heart rate. Stop taking seven days before surgery.

Fish oil can cause excessive bleeding. Stop taking seven days before surgery.

Melatonin decreases the amount of anesthesia needed for surgery.

Echinacea may impact the liver when general anesthetic is used. Stop taking it two days before surgery.

Kava calms nerves and encourages sleep. Stop taking two days before surgery.

Aloe, used topically, can cause contact dermatitis, and when ingested, can create low potassium levels.

PC-SPES, used for prostate cancer, may cause deep vein thrombophlebitis.

Some of the most popular brand-name vitamins are now promoting combination pills that include the usual vitamins as well as supplements for the reduction of stress, increasing energy, increasing memory and other specialized needs. In the past, herbals were found only in health food stores. Now they crowd the shelves of grocery stores, drug stores, and discount chains.

American consumers self-prescribe from an increasing array of OTC drugs. Some assume that because a substance is "natural," it is safe. What they fail to understand is that many plants contain strong chemicals, and some are actually poisonous.



DOMINION
PLASTIC SURGERY

2755 Hartland Road, Ste. 300
Falls Church, VA 22043
Phone: 70-544-8971
Fax: 703-562-6994

There are no established manufacturing standards for dietary supplements and these products are not required to obtain FDA approvals or to prove efficacy and safety. The purchaser cannot even be sure that an herbal potion contains what is described on the label.

Patient Signature

Date

Witness Signature

Date