

## Medications & Supplements to Stop Before Surgery & Injections

Some medications and dietary supplements can contribute to bruising, bleeding or other problems if taken before injections (Botox, Fillers) or surgery. These must be stopped 2 weeks before!

Most of the supplements and drugs below can contribute to coagulation problems (Blood Thinners) and should be stopped 2 weeks before injections or surgery. The asterisk (\*) identifies those that could affect anesthesia and healing and relate mostly to surgery.

If a medication on the list has been prescribed by your doctor for medical reasons (Plavix, Coumadin, Aspirin for a stent, Prednisone, etc.), **DO NOT STOP** the medication without first discussing it with your physician. Please let us know if you have been prescribed any of these medications so we can help you formulate a safe plan.

The list below is ever changing with new medications and more information on old ones. Therefore, it should not be considered complete. If you are not sure about a product, ask us and we will research it.

If you were prescribed Vitamedica Vitamins before surgery, these are safe to use and are designed for the peri-operative period.

The doctors will advise you when you can resume supplements and medications after surgery (usually 7 days).

### ASPIRIN & RELATED

Acetyl Salicylic Acid  
(Anacin, Alka Seltzer, Ascriptin, Bufferin, Bayer, Excedrin, etc)  
Aminosalicylic Acid  
Bismuth Subsalicylate (Pepto Bismol)  
Difunisal (Dolobid)  
Magnesium Salicylate

Mesalamine (Asacol, Apriso, Lialda, Pentasa, Canasa)  
Olsalazine (Dipentum)  
Sodium Salicylate  
Sulfasalazine (Azulfidine)  
Trisalicylate (Trilisate)

### NSAIDS (Non Steroidal Anti-inflammatory Drugs)

Ibuprofen (Motrin, Advil, Nuprin, Duexis, etc)  
Celecoxib (Celebrex)  
Diclofenac (Voltaren, Cataflam, Cambia, Arthrotec)  
Etodolac (Lodine)  
Fenoprofen (Nalfon)  
Flurbiprofen (Ansaid)  
Indomethacin (Indocine)  
Ketorolac (Toradol)  
Ketoprofen (Orudis)

Mefenamic Acid (Ponstel)  
Meloxicam (Mobic)  
Nabumetone (Reflafen)  
Naproxen (Aleve, Naprosyn, Naprelan)  
Oxaprozin (Daypro)  
Piroxicam (Feldene)  
Sulindac (Clinoril)  
Tolmetin (Tolectin)

### Blood Thinners (Anti- Coagulants)

You must let us know if you are taking any of these prescribed drugs. **DO NOT STOP** without first discussing with your doctor. Let us know so we can help formulate a plan.

Anisindione (Miradon)  
Apixaban (Eliquis)  
Clopidogrel (Plavix)  
Dabigatran (Pradaxa)  
Dipyridamole (Persantine, Aggrenox)  
Injections (Heparin, Lovenox, Fragmin)

Pentoxifylline (Trental)  
Prasugrel (Effient)  
Ticagrelor (Brilinta)  
Ticlopidine (Ticlid)  
Warfarin (Coumadin, Jantoven)



**Herbs & Supplements**

Alfalfa	Garlic	Melatonin*
Angelica (Dong Quai)	Ginger	Papaya
Aniseed	Ginko	Prickley Comfrey
Asafoetida	Ginseng	Quassia
Bilberry	Glucosamine*	Red Clover
Bladderwrack	Goldenseal* (Yellow Root)	Saw Palmetto
cayenne	Gotu Kola*	Selenium
chamomile	Grape Seed	St. John's Wort*
Chromium Picolinate	Green Tea	Tumeric
Clove	Guarana*	Valerian*
Da Huang	Hawthorn*	Vitamin E
Danshen	Horse Chestnut Seed	Yohimbe*
Echinacea	Kava Kava*	
Fenugreek	Licorice Root*	
Feverfew	Ma Huang* (Ephedra)	
Fish Oils	Meadowsweet	

**ORAL BIRTH CONTROL PILLS (OCP) + HORMONE REPLACEMENT THERAPY (HRT)**

Estrogen containing OCP or HRT can increase the risk of deep vein thrombosis (leg blood clots), heart attack or stroke after surgery. Low dose Estrogen formulations have a lower risk than older, higher dose forms. Deep vein thrombosis can result in pulmonary embolism, a serious and potentially fatal complication. Optimally, you should be off Estrogen products for 1 month prior to surgery.

Many other active measures are used to decrease the risk of blood clot formation during surgery (leg compression, etc.). If you stop your birth control or hormone replacement, you are advised to take measures to avoid pregnancy. Also keep in mind that the various medications or antibiotics used for surgery can decrease the effectiveness of oral contraceptives and increase pregnancy risk.

**Other Drugs\***

Any Weight Loss Drug    Corticosteroids (Cortisone, Prednisone, Cortef)    Methotrexate    Many Medications for Rheumatoid Arthritis

**Antidepressants\***

Some Anti-Depressants and Anti-Anxiety medications can affect anesthesia. We Do NOT recommend stopping prior to surgery. However, please make us aware if you are on any Anti-Depressants or Anti-Anxiety Drugs.

Alprazolam (Xanax, Niravam)	Lorazepam (Ativan)
Chlordiazepoxide (Librium)	Midazolam
Clonazepam (Klonopin)	Oxazepam (Serax)
Clorazepate (Tranxene)	Quazepam (Doral)
Diazepam (Valium)	Temazepam (Restoril)
Estazolam (Prosom)	Triazolam (Halcion)
Flurazepam (Dalmane)	