



Medications to Avoid Prior to Surgery

Do not take any of the following medications, herbal supplements or combination of any products listed below for two weeks prior to and one week after surgery.

Please note: this is only a partial list. Any and all drugs (over the counter and prescription) that you are taking including herbal and holistic supplements must be reported to our office a minimum of two weeks prior to your surgery. Check with our clinical staff if you have any questions.

If over the counter pain medication is needed, we suggest you use Tylenol.

Aspirin Containing Products

Alka-Seltzer
Anacin
Ascriptin
Bayer
Bufferin
Doan's
Ecotrin
Excedrin
Midol
Motrin
Pamprin
Vanquish

NSAIDS (non-steroidal anti-inflammatory drugs)

Diclofenac (Cambia, Cataflam,
Voltaren- XR, Zipsor,
Zorvolex)
Diflunisal
Etodolac
Ibuprofen (Advil, Co-Advil, Motrin)
Indomethacin (Indocin)
Ketoprofen
Naproxen (Aleve, Anaprox, Naprelan,
Naprosyn)
Oxaprozin (Daypro)
Piroxicam (Feldene)
Salsalate (Disalsate)
Sulindac
Tolmetin



Herbal Supplements to Avoid Prior to Surgery

WHAT IT'S CALLED	WHY PATIENTS USE IT	WHAT TO WATCH FOR
Bilberry	To ease circulation problems associated with CVI and improve problems with the retina of the eye	May decrease blood sugar and slow blood clotting
Cayenne, Capsaicin	To help lower blood pressure	Can act as a blood thinner
Comfrey	To promote wound healing and bone knitting	Possible carcinogen
Devils Claw Root	To treat rheumatism, arthritis, diabetes, arteriosclerosis and live/kidney/bladder disease	Can worsen duodenal and gastric ulcers; allergic reactions common
DHEA	To slow aging, to lose weight, to boost immunity	Act as a hormonal agent, which may affect normal healing in some people
Dong Quai Root	To reduce blood sugar, improve heart health, decrease inflammation and ease symptoms of menopause	Can slow blood clotting
Echinacea	To boost immunity, to prevent colds	In some people prolonged use suppresses normal immune response and hinders healing
Ephedra, Ma Huang	For weight loss, to boost metabolic rate, to alleviate allergy and cold symptoms	Rapid heartbeat, dry mouth, headache, irregular breathing, high blood pressure
Feverfew	To combat headache, to prevent migraine	Mouth ulcers, headache
Fish Oil	To lower blood pressure and cholesterol levels	Can slow blood clotting
Flaxseed	As a laxative	Can inhibit absorption of most medications
Garlic	To boost immunity, to lower cholesterol	In large doses, acts as a blood thinner
Ginger	To relieve nausea, motion sickness, loss of appetite	Can slow blood clotting
Ginkgo Biloba	To boost mental acuity and memory	Intestinal irritation headaches, acts as a blood thinner
Ginseng, Eleuthero	To boost energy and immunity	Increased nervousness, dry mouth, irregular breathing
Goldenseal	To boost glandular system	Digestive disorder, constipation, excitatory states and possibly hallucination
Green Tea	To improve blood pressure, mood, fatigue, mental alertness	Can increase risk of bleeding, acts as a blood thinner
Kava Kava	To promote sleep	Diarrhea, dehydration, dry gums; dry scaly skin patches
Licorice & Licorice Root	To counteract stress, stimulate adrenal glands or as a source of estrogen	Depleted potassium levels, muscle weakness, arrhythmia, edema, GI upset. Can increase the potency of anesthesia
Sassafras Root	To treat urinary tract infections or as a pain reliever	Acts as a diuretic, possible carcinogen
Saw Palmetto	For prostate disease	Headache, nausea

St John's Wort	To ease depression and stress	Dry mouth, fatigue, dizziness, headache, sun sensitivity, skin rash
Valerian	To ease insomnia	Headache, nausea, heart palpitations, depression
Vitamin E	To boost immunity, to lower cholesterol	Above 800 IUs can act as a blood thinner
White Willow Bark	As a sedative	Stomach upset, tinnitus
Yochimbe	As an aphrodisiac	Muscle Weakness, irregular heartbeat. Can increase the potency of anesthesia

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