

Medications & Supplements to Avoid Before Procedures

Do not ingest any brand of aspirin, or any aspirin-containing medication, any MAO inhibiting, or any serotonin medications, for 14 prior to and 14 days after surgery. Disclose *every* medication, supplement, etc. With Dr. Rau and your anesthesiologist. Aspirin and aspirin-containing products, as well as some supplements and herbals, may inhibit blood clotting and cause difficulties during and after surgery. If you need an aspirin-free fever reducer and pain reliever, take Tylenol. Also, if you smoke, you must refrain for at least a month prior to a month after your surgery date. Smoking significantly reduces your body's circulation and vascularity, meaning that your tissues won't receive all the oxygen needed for proper healing. **DIET PILLS, FAT LOSS SUPPLEMENTS AND STACKERS:** Please stop taking these pills at least 2 weeks before surgery. Many of these pills contain anticoagulants and can seriously impede your body's ability to clot sufficiently, resulting in hemorrhaging. Many of them also contain ephedra and caffeine, which can affect your anesthetic medications. Remember: if you take antibiotics or if you stop oral contraceptive pills for surgery, use an alternative method of birth control.

A

Aspirin, Advil, Actifed, Acuprin, Addaprin, Alka Seltzer, Alpha Omega (fish oil), Aluprin, Amitriptyline, Anacin, Ansaïd, Anodynos, Analval, Anodynos, Ansaïd, Argesic, Arthra-G, Arthralgen, Arthropan, Ascodeen, Ascriptin, Aspir-lox, Asperi-mox, Aspirbuf, Aspercin, Aspergum, Axotal, Azdone, Alfalfa, Ackee fruit, Aloe, Argimomy

B

Bayer Aspirin, BC Powder/Tablets, Bilberry, Brufen, Buffaprin, Buffasal, Bufferin, Butalbit, Buffets II, Buffex, Buffinol, Butazolidin

C

Coumadin, C-Advil Cama, CataFlam Tablets, Carisoprodol, Cayenne, Cephalgesic, Cheracol, Chromium, Clinoril, Congespirin, Contac, Cope, Coricidin, Chamomile

D

Damason, Dasin, Dipryridamole, Disalcid, Diurex, Doan's, Dolcn, Dolobid, Dolphim, Drinopehn, Dristan, Duoprin, Duradyne, Dong Quai Root

E

Vitamin E, E-aspirin, Echinacea, Ecolrin, Ecotrin, Emagrin, Empirin, Emprazil, Endodan, Epromate, Equagesic, Equazine-M, Excedrin, ExPrazi, Ephedra

F

Feldene, Fenoprofen, Feverfew, Fiogesic Tablets, Fioricet, Fiorinal, Florgen PF, Flurbiprofen

G

Garlic, Gingko, Ginkgo Biloba, Ginseng, Goody's, Genaced, Genacote, Gelpirin Tablets, Genprin, Gensan, Ghemnisym, Gennin, Ginger, Goldenseal, Guarana, Gotu Kola

H

Halfprin, Haltran, Heparin, Hydroxycut, Horse Chestnut, Hawthorn

I

Ibuprofen, Ibuprin, Indocin, Indochron, Indomethacin, Infantol Pill, Isollyl

K

Ketoprofen, Kava Kava

L

Lanorinal, Licorice Root, Lodine, Lemon Verbena, Lavender

M

Motrin, MAO inhibitors, Magan, Magnasprin, Magsal, Marnal, Marthritic, Measurin, Meclomen, MecloFenamate, Medigistic-Plus, Medipren, Meditren, Melatonin, Menadol, Meprogesic Q, Micraninin, Midol, Mobidin, Moblgesic, Momentum Back Ache Formula, Monogesic, Muwort, Ma Huang

N

Nalfon, Nardil, Nardilzine, Naprosyn, Neomycin, Neogesic, Norgesic, Norwich Extra Strength Aspirin, Nov-naproxen, Nuprin, NyQuil

O

Orphenagesic, Orudis, Oruvail

P

Pabalate-SF, Pabrin, Pacaps, Pamprin-IB, Panalgesic, Panodynes, Papaya, PediaProfen, Pedrazil, Persantin, Persisrin, Persistin, PetoBismol, Phenaphen, Phenetron Compound, Piroxicam, Polymyxin, Ponstel, Presalin

Q

Quagesic, Quiet World Analgesic (sleeping aid), Quinine

R

Relafen, Rexolate, Rhinex, Robaxin, Robasisal, Roxiprin, Rufin, Robaxisa

S

Salabuff, Salatin, Saletto, Salflex, Salicylamide, Salocol, Salsalate, Salsitab, Serzone, Sign Off Sinus, Sine Aid, Sine Off, Soma Compound, St. John's Wort, St. Josephs Aspirin, Stanback Analgesic, Sudafed, Sulindac, Supac, Synalogos, Selenium

T

Talwin Compound, Tenol-Plus, Tolectin, Tolmetin, Toradol, Tr-Pain Tablets, Trilisate, Trendar, Trental, Triaminici, Tricosal, Tri-Pain, Trigesic, Trilisate, Tusal

U

Ultrapin, Unipro, Ursinos

V

Vitamin E, Valesin, Vanquish, Verin, Viro-Med, Vivarin, Voltaren, Valerian Root

W

Warafin (Coumadin), Wellbutrin, Wesprin Buffered, Willow Bark

Y

Yohimbe

Z

Zactrin, Zorprin, Zyban