



Board Certified Plastic Surgeon

## Medications To Avoid

Some medications, vitamins, homeopathic preparations, and beverages contain elements that significantly inhibit blood clotting. Their use should be restricted for **ten days prior to and following surgery**. Use of these medications can cause an abnormal blood clotting cascade resulting in increased bleeding, swelling, discoloration, and discomfort after surgery. If you have been told by a physician that you need to take one of the medications below due to a history of clotting (DVT, PE, MI or stroke), please notify Dr. Teotia.

### **Please avoid the following:**

#### MEDICATIONS

Actifed, Advil, Aleve, Alka Seltzer, Anacin, Anaprox, APC, Ascriptin, Aspergum, Aspirin, BC Powder, Bufferin, Coracidin, Coricidin, Coumadin, Dristan, Empirin, Excedrin, Exotrin, Felden, Fenfluramine, Fiorinal, Ibuprofen, Imitrex, Indocin, Indomethacin, Medipren, Midol, Motrin, Naprosyn, Norgesic, Nuprin, Percodan, Phentermine, Pseudoephedrine, Sudafed, Trendal, Voltaren, Warfarin, Zantac

**Stop any medication that falls into the anti-coagulation, aspirin or anti-inflammatory (NSAID) category.**

#### VITAMINS

Fish oil, Vitamin E, Cod liver oil

#### HOMEOPATHIC PREPARATIONS

Bilberry (*vaccinium myrtillus*), Cayenne (*capsicum annuum*), Dong Quai (*angelica sinensis*), Echinacea (*echinacea augustifolia*), Feverfew (*tanacetum parthenium*), Garlic (*allium sativum*), Ginger (*zingiber officinale*), Gingko biloba, Ginseng (*panax quinquefolium*), Hawthorne (*crataegus laevigata*), Kava Kava (*piper methysticum*), Licorice Root (*glycyrrhiza glabra*), Ma Huang (*ephedra sinica*), Melatonin, St John's Wort (*hypericum perforatum*), Valerian (*valeriana officinalis*), Yohimbe (*corynanthe yobime*)

#### BEVERAGES

Beer, Wine, Champagne, Liqueur, Port, Rum

## Reduce Bruising

An oral supplement with both Arnica and Bromelain can be purchased from the practice prior to or at the time of your procedure.