

## **MEDICATIONS TO AVOID BEFORE SURGERY OR INJECTABLES**

There are medications and herbals that can increase bruising and bleeding you should avoid for two weeks before having surgery or having fillers injected. These are: **Advil, Aleve, Alka Seltzer, Anacin, Anaprox, Aspirin, Ascriptin, B.C. Powder, Bufferin, Coricidin, Dristan, Ecotrin, Empirin, Excedrin, Fiorinal, Feldene, Ibuprofen, Indocin, Lortab, Midol, Motrin, Naprosyn, Nuprin, Pepto-Bismol, Percodan, Sine-Off, Sinutab, Sudafed** and **Vitamin E**. Most multi-vitamins contain **Vitamin E**, so check the label. **Tylenol** is fine! **“Excedrin Tension”** is okay, but **“Excedrin Migraine”** is **NOT** because it contains aspirin.

Many herbals can cause bleeding -- **Echinacea, Ginko Biloba, Ginseng, Licorice Root, St. John’s Wort, garlic tablets, fish oil, Glucosamine, Chondroitin Sulfate** -- and others have not been studied well enough to know what impact they will have, so it is prudent to stop **ALL herbals** two weeks before having surgery or injectables.

If you are on **Coumadin, Warfarin, Plavix, Pradaxa** or **Lovenox**, we need to discuss this before we make a decision about stopping these because the risk of stopping may outweigh the benefits.

Dr. Blanchet will instruct you as to when to resume these medications because it varies patient to patient and procedure to procedure.