

## MEDICATIONS TO AVOID BEFORE SURGERY OR INJECTABLES

There are medications and herbals that can increase bruising and bleeding that you should avoid for at least two weeks prior to having surgery or before fillers are injected. Many herbal medicines and supplements taken prior to surgery could also cause a bad reaction with anesthesia medicines. This is unsafe because many people taking herbal supplements don't tell their surgeon or anesthesiologist about them.

Some of these are: **Advil, Aleve, Alka Seltzer, Anacin, Anaprox, Aspirin, Ascriptin, BC Powder, Bufferin, Coricidin, Dristan, Ecotrin, Empirin, Excedrin, Fiorinol, Feldene, Ibuprofen, Indocin, Midol, Motrin, Naprosyn, Nuprin, Pepto Bismol, Percodan, Sine-Off, Sinutab, Sudafed, Vitamin E and Voltaren.** 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, Kava, Licorice Root, St. John's Wort, garlic, fish oil, glucosamine, chondroitin sulfate, milk thistle,** and others that 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. This includes all forms of herbs to **include supplements, powders, injections and herbal teas.**

If you are on a blood thinner such as **Coumadin, Warfarin, Plavix, Pradaxa, Xarelto, Lovenox or Elmiron,** we need to discuss this before we decide to stop these with the help of your prescribing physician because the risk of stopping may outweigh the benefits.

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

If you are using weight loss injections such as **Wegovy (semaglutide)** or **Ozempic,** these must be stopped >1 week ahead to prevent reflux or aspiration during anesthesia. Please notify us if you are on a prescription weight loss regime/plan.

If you use cannabis, either gummies or inhaled, you may need more anesthesia to sedate you. Try to use less for a few weeks before surgery.