

**GOLD COAST PLASTIC SURGERY, LLC
SURGERY MEDICATIONS**

Aspirin, aspirin-related products, ALL herbal products and Vitamin E must not be taken during the two weeks prior to and after surgery because they increase bleeding. For this reason, it is very important that contents of any “over the counter preparations” are checked carefully prior to their use. Many headache preparations, cold remedies and “hangover cures” contain **ASPIRIN**. The chemical name of aspirin is acetylsalicylic acid.

These drugs must not be taken during the **TWO WEEKS PRIOR TO SURGERY**.
Examples of drugs containing salicylates are as follows:

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| <i>Acetidine</i> | <i>Alka-Seltzer</i> | <i>Anacin</i> | <i>Anahist</i> | <i>APC</i> |
| <i>Aspirin</i> | <i>BC</i> | <i>Bromo-Quininn</i> | <i>Bromo-Seltzer</i> | <i>Bufferin</i> |
| <i>Coricin</i> | <i>Darvon Compound</i> | <i>Diflunisal</i> | <i>Disalcid</i> | <i>Dristan</i> |
| <i>Ecotrin</i> | <i>Empirin</i> | <i>Excedrin</i> | <i>Inhiston</i> | <i>Liquiprin</i> |
| <i>Midol</i> | <i>Pepto-Bismol</i> | <i>Persistin</i> | <i>Salflex</i> | <i>Stanback</i> |
| <i>Theracin</i> | <i>Trigesic</i> | <i>Vitamin E</i> | | |

Many arthritis and pain medications have effects on bleeding similar to aspirin. However, the effects are shorter lived.

These drugs must be stopped **ONE WEEK** prior to surgery. The chemical names of the drugs are ibuprofen, indomethacin, naproxyn, tolmetin, and piroxicam. Some of the brand names are:

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|-----------------|-----------------|-----------------|----------------|-------------------|-----------------|
| <i>Advil</i> | <i>Aleve</i> | <i>Anaprox</i> | <i>Ansaid</i> | <i>Arthrotec</i> | <i>Betra</i> |
| <i>Carafelm</i> | <i>Celebrex</i> | <i>Clinoril</i> | <i>Daypro</i> | <i>Diclofenac</i> | <i>Doldobid</i> |
| <i>Feledene</i> | <i>Indocin</i> | <i>Lodine</i> | <i>Mobic</i> | <i>Motrin</i> | <i>Naprosyn</i> |
| <i>Nuprin</i> | <i>Orudis</i> | <i>Ponstel</i> | <i>Relafen</i> | <i>Sulindac</i> | <i>Tolectin</i> |
| <i>Toroadol</i> | <i>Vioxx</i> | <i>Voltaren</i> | | | |

Prescription medications should be stopped only with the approval of the physician who prescribed the medication. Some prescription medications can create serious life-threatening problems during surgery or anesthesia.

These medications must be **DISCONTINUED** before surgery – but only with the approval of the prescribing physician.*

Please contact our office immediately if you are taking any of these medication.

Adipex (Phentermine)

Daimon

**Inderal*

**Propranalol*

Blocadren

Esidri

Inderide

Redux (Dexfenfluramine)

Cartrol

“Fenphen”

Levatol

Corgard

Hismanal

Pondimin (fenfluramine)

Visken

Inderal/Propranalol should be stopped TWO weeks prior to surgery

Other blood pressure medication can be taken the night before surgery but not the morning of surgery.

NICOTINE interferes with healing by reducing the blood flow. You are advised to avoid smoking, gums, and patches which contain NICOTINE for TWO weeks prior to surgery and TWO weeks after surgery. **ABSOLUTELY NO SMOKING THE MORNING OF SURGERY.**

These are some recommendations to help promote healing:

- Vitamin C 500mg twice daily for ONE or TWO weeks before surgery and after surgery.
- *Mult-Vitamin*, use Centrum or your preference
- *Arnica Montana*, take ONE following surgery and continue for ONE to TWO weeks after surgery
- *Bromelain*, begin taking THREE days prior to surgery and continue for ONE to TWO weeks after surgery