



**Plastikos Plastic & Reconstructive Surgery**  
**Plastikos Surgery Center**  
**Millennium Healthcare**  
**Avatar Industries**  
4370 Georgetown Square  
Atlanta, GA 30338  
(770) 457-4677 (Tel.)  
(770) 457-4428 (Fax)  
[www.plastikos.com](http://www.plastikos.com)  
[www.millennium-healthcare.com](http://www.millennium-healthcare.com)  
[www.templeofhealth.ws](http://www.templeofhealth.ws)



Discontinue use of the following medications at least 3 weeks prior to surgery and 3 weeks after!!!

4-Way Cold Tablets	Cope	Lortab ASA	Quiet World Analgesic
Acetilsalicylic Acid	Coricidin Tablets	MAO Inhibitors	Relafen
Actron	Coumadin (Warfarin)	Magan	Rhinocaps
Acutrim	Damason-P	Magnaprin	Robaxisal
Advil	Darvon Compound-65	Salicylate	Rowasa
Advil Cold & Sinus	Darvon/ASA	Magsal	Roxeprin
Aleve	Daypro	Marthritic	Saleto-D
Alka-Seltzer	Deep-down Pain Rub	Mefenamic Acid	Salflex
Amigesic	Relief	Mentholatum Deep	Salicylate products
Anacin	Dexatrim	Heating	Salsalate
Anaprox	Diclofenac	Meprobamate	Salsitab
Anexsia w/Codeine	Dicumarol	Mesalamine	Scot-Tussin
Ansaid	Diet Pills	Methocarbarnol	Sine-Aid IB
Arthra-G	Dimetapp Sinus	Micrainin	Sine-Off
Arthriten products	Dipenturn	Midol	Sinutab
Arthritis Foundation products	Disalcid	Mobidin	Sodium Salicylate
Arthritis Pain Formula	Doan's	Mobisyl Analgesic	Sodol Compound
Arthritis Strength BC Powder	Dolobid	Crème	Soltice Quick Rub
Arthropan	Dristan	Momentum Muscular	Soma Compound
ASA	Dristan Sinus	Mono-Gesic	St. Joseph Aspirin
Asacol	Duragesic	Backache Formula	St. Joseph Cold Tablets
Ascriptin products	Easprin	Motrin	Stanback Headache Powder
Aspercreme	Ecotrin	Motrin IB Sinus	Sulfasalazine
Aspergum	Empirin	Myoflex Creme	Supac
Asprimox products	Entab-650	Nalfon	Suprax
Axotal	Enteric Coated Aspirin	Naprelan	Synalgos-DC
Azdone	Equagesic	Naprosyn	Talwin
Azulfidine products	Etodolac	Naproxen	Ticlid
B-A-C	Excedrin	Night-Time	Toradol
Backache Formula	Feldene	Effervescent Cold	Triaminicin
Bayer Aspirin	Fiorgen PF	Norgesic/Norgesic	Tricosal
BC Cold and Sinus	Fiorinal	Forte	Trilisate
BC Powder/Tablets	Gelpirin	Norwich products	Tussanil DH
Beffex	Gemnisyn	Olsalazine	Tussirex products
Ben-Gay	Genprin	Omega-3 or Fish Oils	Ursinus Inlay Tablets
Bismatrol products	Gensan	Orphengesic products	Vanquish Aspirin Tablets
Buffaprin	Goody's Headache	Orudis	Vira-Med Tablets
Buffered aspirin	Power	P-A-C	Vitamin E Tablets
Bufferin	Halfprin products	Pabalate products	Voltaren
Buffets II	Heet Analgesic	Pain Reliever Tabs	Warfarin
Buffex	Liniment	Pamprin	Wesprin
Butal/ASA/Caff	IBU	Panalgesic	Willow bark products
Butalbital Compound	Ibuprofen	Panasal	Zorprin
Cama	Indomethacin products	Pentasa	
Carisoprodol Compound	InfraRUB Analgesic	Percodan	
Cataflam	Cream	Persantine	
Cheracol	Isolyl Improved	(Dipyridamole)	
Choline Magnesium Trisalicylate	Kaodene	Phed Fast	
Choline Salicylate	Lanorinal	Phenaphen/Codeine #3	
Clinoril	Lobac	Phen Phen	
Colcin	Lodine	Piroxicam	



Plastikos Plastic & Reconstructive Surgery  
Plastikos Surgery Center  
Millennium Healthcare  
Avatar Industries  
4370 Georgetown Square  
Atlanta, GA 30338  
(770) 457-4677 (Tel.)  
(770) 457-4428 (Fax)  
[www.plastikos.com](http://www.plastikos.com)  
[www.millennium-healthcare.com](http://www.millennium-healthcare.com)  
[www.templeofhealth.ws](http://www.templeofhealth.ws)



## Herb/Supplement Precautions Prior to Surgery

### To Avoid Problems with:

#### Bleeding:

Avoid for 2 weeks prior to surgery:

- Bilberry
- Cat's Claw (Saventaro)
- Feverfew
- Garlic
- Ginger
- Ginkgo biloba
- Omega 3 Oil, i.e. fish oil supplements, flaxseed oil, hemp oil
- Red Clover
- Vitamin C in doses greater than 4 gms per day
- Vitamin E in doses greater than 400 IU per day
- Willow Bark

#### Anesthesia:

Avoid for one (1) week prior to surgery:

- Ephedra
- Kava Kava
- Lavendar
- Lemon Balm
- Licorice
- Passion Flower
- Skull Cap
- St. John's Wort
- Valerian
- Yohimbe

#### Other Problems:

- Aloe – may cause low potassium levels
  - Ginseng – may cause hypertension and rapid heart rate and may decrease the effectiveness of certain anti-clotting agents.
  - Goldenseal – may worsen swelling and/or high blood pressure
  - Niacin – may increase liver function tests
  - PC-SPES – may increase the risk of blood clots
- 
- ❖ Discontinue use of Aspirin or aspirin products for 3 weeks prior to surgery.
  - ❖ Consult your surgeon if you are using pain patches or any pain management medication before you continue to take the medication.
  - ❖ This is not a complete list of medications or supplements that should be avoided before surgery.
  - ❖ If you are currently taking any medications on an occasional basis, consult your physician or anesthesiologist.
  - ❖ Any anti-inflammatory medications, medications containing aspirin, or MAO inhibitors should also be avoided.



Plastikos Plastic & Reconstructive Surgery  
Plastikos Surgery Center  
Millennium Healthcare  
Avatar Industries  
4370 Georgetown Square  
Atlanta, GA 30338  
(770) 457-4677 (Tel.)  
(770) 457-4428 (Fax)  
[www.plastikos.com](http://www.plastikos.com)  
[www.millennium-healthcare.com](http://www.millennium-healthcare.com)  
[www.templeofhealth.ws](http://www.templeofhealth.ws)



## Ibuprofen Medications to Avoid

### *Affect blood clotting.*

Acular (ophthalmic)	Advil products	Anaprox products
Ansaid	Clinoril	Daypro
Dimetapp Sinus	Dristan Sinus	Feldene
Fenoprofen	Genpril	Haltran
Indochron E-R	Indocin products	Ketoprofen
Ketorolac	Ibuprin	Ibuprofen
Meclofenamate	Meclomen	Menadol
Midol-products	Nabumetone	Nalfon products
Naprosyn products	Naprox X	Nuprin
Ocufen (ophthalmic)	Oruvail	Oxaprozin
Ponstel	Profenal	Relafen
Rhinocaps	Sine-Aid products	Sulindac
Suprofen	Tolectin products	Tolmetin
Toradol	Voltaren	

## Other Medication to Avoid

### *Affect blood clotting.*

4-Way w/ Codeine	Dicumerol	Miradon	Stelazine
A.C.A.	Dipyridamole	Opasal	Sulfinpyrazone
A-A Compound	Doxycycline	Pan-PAC	Tenuate
Accutrim	Emagrin	Pentoxifylline	Tenuate Dospan
Actifed	Enoxaparin injection	Persantine	Thorazine
Anexsia	Flagyl	Phenylpropanolamine	Ticlid
Anisindione	Fragmin injection	Prednisone	Ticlopidine
Anturane	Furadantin	Protarnine	Trental
Arthritis Bufferin	Garlic	Pyroxate	Ursinus
BC Tablets	Heparin	Ru-Tuss	Vibramycin
Childrens Advil	Hydrocortisone	Salatin	Vitamin E
Clinoril C	Isollyl	Sinex	Warfarin
Contac	Lovenox injection	Sofarin	
Coumadin	Macrodantin	Soltice	
Dalteparin injection	Mellaryl	Sparine	



Plastikos Plastic & Reconstructive Surgery  
Plastikos Surgery Center  
Millennium Healthcare  
Avatar Industries  
4370 Georgetown Square  
Atlanta, GA 30338  
(770) 457-4677 (Tel.)  
(770) 457-4428 (Fax)  
[www.plastikos.com](http://www.plastikos.com)  
[www.millennium-healthcare.com](http://www.millennium-healthcare.com)  
[www.templeofhealth.ws](http://www.templeofhealth.ws)



### Medications to Avoid

Amigesic (salsalate)	Pepto-Bismol (bismuth subsalicylate)
Disalcid (salsalate)	Salflex (salsalate)
Doan's (magnesium salicylate)	Salsalate
Dolobid (diflunisal)	Salsitab (salsalate)
Magsal	Trilisate (choline salicylate + magnesium salicylate)
Pamprin (Maximum Pain Relief)	
Mobigesic	
Pabalate	

### Vitamins and Herbs to Avoid

*Affect blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage.*

*Note: Just because it is not on this list does not mean that it is safe to take while preparing for surgery.*

Ackee fruit	Devil's club	Goldenseal	Nem seed oil
Alfalfa	Dong Quai root	Gotu Kola	Papaya
Aloe	Echinacea	Grape seed	Periwinkle
Argimony	Ephedra	Guarana	St. John's Wort
Barley	Eucalyptus	Guayusa	Valerian/Valerian Root
Bilberry	Fenugreek seeds	Hawthorn	"The natural Viagra®"
Bitter melon	Feverfew	Horse Chestnut	Vitamin E > 400 units
Burdock root	Fo-ti	Juniper	Willow bark
Carrot oil	Ginger	Kava Kava	Yellow root
Cayenne	Gingko	Lavender	Yohimbe
Chamomile	Gingko biloba	Lemon verbena	
Chromium	Ginseng	Ma Huang	
Coriander	Gmena	Muwort	