

## Medications and Supplements to Avoid

The following medications, vitamins, and herbal supplements can interfere with your surgery and/or recovery. Some may increase bleeding, bruising, or risk of blood clots. \*Please note that this also includes the use of any diet/weight loss pills\*

**Please stop all two weeks prior to surgery, and until one week after surgery:**

### Estrogen medications:

Birth Control pills  
Hormone replacement

### ALL nicotine products!

### Anticoagulants:

Coumadin	Arixtra	Lovenox
Plavix	Xarelto	

### Aspirin: ASA all forms

Bufferin	Excedrin
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### Anti-inflammatories:

Aleve	Ibuprofen	Midol	Celebrex
Advil	Naproxen	Motrin	Pamprin
Naprosyn	Diclofeac	Exedrin	Meloxicam

### Vitamins Containing > 400 units of Vitamin E

### Vitamin C (more than 2000mg daily)

### Any herbal medications:

Aloe Vera	Ginko Biloba
Bromelian	Ginseng
Danshen	Goldenseal
Dong Quai	Kava
Echinacea	Licorice
Ephedra	Omega-e
Feverfew	Sienna
Flax Seed	St.John's Wort (all types)
Fish Oils	Valerian
Garlic	Ginger

### Diet pills:

Anorex  
CaroExpel  
Centramine  
Cortislim  
Ephedra  
HoodiElite  
Leptopril  
Phentermine  
Relacore  
Slim Citi Hoodia  
Xenadrine

### All cold medications and decongestants