

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

Anti-inflammatories:

Aleve	Ibuprofin	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

** Nicotine products require unique recommendations based on your tobacco history and specific procedure. This will be discussed at your consultation with Dr. Mahony. As a general rule, all tobacco should be stopped 8 weeks prior to surgery and 4 weeks after surgery.*