

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

Estrogen medications:

Birth Control pills
Hormone replacement
Estrogen replacement (cream/patches)

ALL nicotine products!*

Anticoagulants:

Coumadin (Warfrain)	Fondaparinux (Arixtra)	Enoxaparin (Lovenox)
Clopidogrel (Plavix)	Rivaroxaban (Xarelto)	

Aspirin: ASA all forms

Bufferin Excedrin

Anti-inflammatories:

Aleve	Ibuprofin	Midol	Meloxicam
Advil	Naproxen	Motrin	Pamprin
Naprosyn	Diclofeac	Exedrin	

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
Green Tea	

Diet pills:

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

Injectable Meds:

Ozempic (semaglutide)
Wegovy (semaglutide)
Trulicity (dulaglutide)
Mounjaro (tirzepatide)
Bydureon BCise (exenatide)
Byetta (exenatide)
Saxenda (liraglutide)
Victoza (liraglutide)

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 rule, all tobacco should be stopped 8 weeks prior to surgery and 4 weeks after surgery.*