

## 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.*