

# MetroHealth Plastic Surgery

The following is a list of common medications to avoid one week prior to your surgery. Consult with your physician or nurse practitioner before taking any of these medications

## Prescription Medications

### Anti Neoplastic

Arimidex  
Nolvadex  
Tamoxifen

### Anti Coagulants

Coumadin  
Heparin  
Plavix  
Pletal

### Ibuprofen Containing Medications

Indocin/Indocin SR  
Motrin Tablets

### Ketolorac Containing Medications

Ketolorac  
Toradol

### Naproxen Containing Medications

Naprosyn  
Anaprox/Anaprox DS  
Naprogesic  
Novo-Naprox Sodium  
Darvon  
Propoxyphene  
Equagesic  
Fiorinal  
Lortab ASA  
Norgesic  
Percodan  
Soma Compound  
Talwin Compound  
Trilisate

### NSAID Compounds

Feldene  
Lodine  
Daypro  
Genacol  
Indocin  
Nuprin  
Voltaren

## Non-Prescription Medications

### Aspirin and Aspirin-like compounds

Anacin products  
Bayer aspirin products  
Ascriptin  
Aspergum  
Aspercream  
Bufferin  
Buffaprin  
Doan's Pills  
Ecotrin  
Midol  
St. Joseph aspirin products

### Ibuprofen Containing Medications/NSAIDS

Aleve  
Advil  
Excedrin IB  
Midol IB  
Motrin  
Ibuprofen  
Children's Advil  
Children's Motrin

### Ketoprofen Containing Medications

Actron  
Orudis KT

### Cold/Flu/Sinus Medications

Many over the counter cold, flu, or sinus products contain ibuprofen or aspirin. Please check labels or contact your physician's office if you are unsure of the contents of your medication.

\*\* This information is intended to act as a guide only. It is not a complete list. Other products may contain aspirin, aspirin-like compounds, ibuprofen, or nonsteroidal anti-inflammatory medications. If you are unsure about any over the counter or prescription medication you are taking, consult your physician's office.

## Nutritional and Herbal Supplements to Discontinue

Many patients take nutritional supplements and herbal remedies. Although these products are considered to be natural and may be beneficial for a variety of ailments, their use around the time of surgery may not be desirable. Therefore, it is advisable to stop taking these products two weeks prior to surgery and two weeks following surgery to avoid problems with surgery and anesthesia.

Nutritional supplements to be discontinued prior to surgery:

- Bilberry (*vaccinium myrtillus*)
- Cayenne (*capsicum annuum*)
- Dong Quai (*angelica sinensis*)
- Echinacea (*echinacea augustifolia*)
- Feverfew (*tanacetum parthenium*)
- Fish Oil Capsules
- Garlic Tablets
- Ginger Tablets
- Ginkgo Biloba
- Ginseng
- Hawthorne (*crataegus laevigata*)
- Kava Kava (*piper methysticum*)
- Licorice Root
- Ma Huang (*ephedra sinica*)
- Melatonin
- St. John's Wort (*hypericum perforatum*)
- Valerian (*valeriana officinalis*)
- Vitamin E
- Yohimbe (*corynanthe yohimbe*)