TOTONCHI
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 (angelilca sinensis)
Echinacea (echinacea augustfolia)
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)