



### **Medications to Avoid Before Facial Surgery**

The medications listed below (and potentially many others) may have an effect on your blood's ability to coagulate. Please review all your medications-both over the counter and prescription drugs-with your surgeon. In many cases, your medication will have no effect on your surgery, and you be counseled to continue with your medication as usual, but your surgeon must be aware of what you are taking and all prescriptions should be documented in your medical record. In no case should you medicate yourself with any drugs (even if they are not listed here) without the knowledge of your primary care physician and your surgeon.

#### **Common Medications (DO NOT TAKE)**

- Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)
- Choline and magnesium salicylates (CMT, Tricosal, Trilisate)
- Choline salicylate (Arthropan)
- Celecoxib (Celebrex)
- Diclofenac potassium (Cataflam)
- Diclofenac sodium (Voltaren, Voltaren XR)
- Diclofenac sodium with misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen calcium (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)
- Indomethacin (Indocin, Indocin SR)
- Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
- Magnesium salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate sodium (Meclomen)
- Mefenamic acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan)
- Naproxen sodium (Aleve, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Rofecoxib (Vioxx)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)

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PLASTIC SURGERY AUSTIN  
Sanjay K. Sharma, M.D., F.A.C.S.

- Sodium salicylate (various generics)
- Sulindac (Clinoril)
- Tolmetin sodium (Tolectin)
- Valdecoxib (Bextra)

#### **Blood Thinners (DO NOT TAKE)**

- Coumadin
- Warfarin sodium
- Ximlagatran
- Clopidogrel
- Plavix
- Xarelto
- Eliquis

#### **Herbal Supplements/Vitamins (DO NOT TAKE)**

- Echinacea
- Ephedra
- Feverfew
- Fish Oil
- Garlic
- Ginko Biloba
- Ginger
- Green Tea
- Kava Kava
- St. John's Wort
- Valerian
- Vitamin E
- Vitamin C (large doses)
- Turmeric
- Tuarine
- L-arginine
- glucosamine

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## Vitamins/Supplements You CAN Take Before Facial Surgery

### Recommended Supplements:

Begin taking 3 days prior to surgery, and continue for at *least* one week after surgery. Follow dosage directions on the bottle.

- Arnica Montana—30X
- Papain (papaya enzyme)—1500 mg daily, in divided doses
- Bromelain (pineapple enzyme)—3000 mg daily, in divided doses

### Approved Supplements (Maximum Recommended Doses):

CLINICAL SUPPORT PROGRAM		
<b>Supplement Facts</b>		
Serving Size 3 AM Tablets/3 PM Tablets Servings per container 30		
	Amount Per Serving	% Daily Values
Vitamin A (from Beta Carotene, Palmitate)	25,000 IU	500%
Vitamin C (from Calcium Ascorbate)	750 mg	1250%
Vitamin D3 (as Cholecalciferol)	375 IU	94%
Vitamin B 1 (from Thiamine Mononitrate)	52.5 mg	3500%
Vitamin B2 (as Riboflavin)	9 mg	529%
Niacin (from Niacin, Niacinamide)	42 mg	210%
Vitamin B6 (from Pyridoxine HCl)	75 mg	3750%
Folic Acid	405 mcg	101%
Vitamin B12 (as Cyanocobalamin)	405 mcg	6750%
Biotin	375 mcg	125%
Pantothenic Acid (from D-Pantothenate)	99 mg	990%
Calcium (from Calcium Rice Protein Chelate)	300 mg	30%
Magnesium (from Magnesium Rice Protein Chelate)	450 mg	113%
Zinc (from Zinc Rice Protein Chelate)	21 mg	140%
Selenium (from Selenium Amino Acid Chelate)	210 mcg	300%
Copper (from Copper Amino Acid Chelate)	2.1 mg	105%
Manganese (from Manganese Amino Acid Chelate)	4.5 mg	225%
Chromium (from Chromium Amino Acid Chelate)	210 mcg	175%
Molybdenum (from Molybdenum Amino Acid Chelate)	150 mcg	200%
Potassium (from Potassium Rice Protein Chelate)	75 mg	2%
Citrus Fruit Peel Bioflavonoid Complex	600 mg	†
Inositol	90 mg	†
Choline (from Choline Bitartrate)	72 mg	†
Boron (from Boron Rice Protein Chelate)	1,500 mcg	†

† Daily Values not established.

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