

**Medications to Avoid**

If you are taking any medications on this list, they should be **discontinued 2 weeks prior to surgery and 1 week prior to any kind of Botox or filler injections.** Only acetaminophen products, such as Tylenol should be taken for pain. This table is NOT all inclusive. The absence of a medication or herbal from this list does not mean it is safe to take in preparation for surgery.

Type	Examples
Antiplatelet medications	<ul style="list-style-type: none"> <li>▪ aspirin (ASA)</li> <li>▪ enteric-coated aspirin (Ecotrin)</li> <li>▪ clopidogrel (Plavix)</li> <li>▪ Excedrin</li> <li>▪ Bayer</li> <li>▪ aspirin/salicylate containing products like Alka-seltzer and Pepto Bismol</li> </ul>
Anticoagulant medications	<ul style="list-style-type: none"> <li>▪ warfarin (Coumadin)</li> <li>▪ heparin</li> <li>▪ apixaban (Eliquis)</li> <li>▪ rivaroxaban (Xarelto)</li> </ul>
Non-steroidal anti-inflammatory drugs (NSAIDs)	<ul style="list-style-type: none"> <li>▪ ibuprofen (Advil, Motrin)</li> <li>▪ naproxen (Aleve, Naprosyn)</li> <li>▪ celecoxib (Celebrex)</li> <li>▪ diclofenac (Voltaren-XR)</li> <li>▪ indomethacin</li> <li>▪ ketorolac (Toradol)</li> <li>▪ meloxicam (Mobic)</li> </ul>
Antidepressants	<ul style="list-style-type: none"> <li>▪ Certain classes of antidepressants can be dangerous in combination with anesthesia for surgery. Discuss all antidepressant and mood stabilizing medications at your pre-op appointment.</li> </ul>
Herbal supplements and vitamins	<ul style="list-style-type: none"> <li>▪ bromelain</li> <li>▪ chondroitin</li> <li>▪ dan shen</li> <li>▪ echinacea</li> <li>▪ feverfew</li> <li>▪ fish oil/omega-3 fatty acids</li> <li>▪ garlic supplements</li> <li>▪ ginger supplements</li> <li>▪ ginkgo biloba</li> <li>▪ ginseng</li> <li>▪ grape seed extract</li> <li>▪ kava kava</li> <li>▪ quilinggao</li> <li>▪ St. John's wort</li> <li>▪ turmeric</li> <li>▪ valerian</li> <li>▪ multivitamins and plant based vitamins</li> <li>▪ vitamin E</li> </ul>
Foods	<ul style="list-style-type: none"> <li>▪ apples</li> <li>▪ apricots</li> <li>▪ berries</li> <li>▪ cayenne pepper</li> <li>▪ chia seeds</li> <li>▪ Chinese cassia cinnamon</li> <li>▪ cucumbers</li> <li>▪ currants/raisins/prunes</li> <li>▪ eggplant</li> <li>▪ flaxseed</li> <li>▪ garlic</li> <li>▪ ginger</li> <li>▪ grapes</li> <li>▪ green tea/herbal teas</li> <li>▪ nuts</li> <li>▪ pickles</li> <li>▪ plant based protein powders/supplements</li> <li>▪ potatoes</li> <li>▪ tomatoes</li> <li>▪ wheat germ</li> </ul>
Nicotine, alcohol, marijuana, and CBD for medicinal or recreational use	<ul style="list-style-type: none"> <li>▪ Smoking, vaping, patch or oral forms of nicotine, marijuana, and CBD</li> <li>▪ All types of alcohol</li> </ul>
Diet aids	<ul style="list-style-type: none"> <li>▪ Avoid all diet aids including OTC and herbal (i.e. Ephedra)</li> </ul>