

LASER & COSMETIC SURGERY SPECIALISTS, PC

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 supplement from this list does not mean it is safe to take in preparation for surgery.

Type	Examples
Antiplatelet medications	- aspirin (ASA) - enteric-coated aspirin (Ecotrin) - clopidogrel (Plavix) - Excedrin - Bayer - aspirin/salicylate containing products like Alka-seltzer and Pepto Bismol
Anticoagulant medications	- warfarin (Coumadin) - heparin - apixaban (Eliquis) - rivaroxaban (Xarelto)
Non-steroidal anti-inflammatory drugs (NSAIDs)	- ibuprofen (Advil, Motrin) - naproxen (Aleve, Naprosyn) - celecoxib (Celebrex) - diclofenac (Voltaren-XR) - indomethacin - ketorolac (Toradol) - meloxicam (Mobic)
Antidepressants	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.
Herbal supplements and vitamins	- bromelain - chondroitin - dan shen - echinacea - feverfew - fish oil/omega-3 fatty acids - garlic supplements - ginger supplements - ginkgo biloba - ginseng - grape seed extract - Juven collagen supplement - kava kava - Kratom - quilinggao - St. John's wort - turmeric - valerian - multivitamins and plant based vitamins - vitamin E - dietary supplements (i.e. Ensure, protein powder etc.)
Foods	- apples - apricots - berries - cayenne pepper - chia seeds - Chinese cassia cinnamon - cucumbers - currants/raisins/prunes - eggplant - flaxseed - garlic - ginger - grapes - green tea/herbal teas - nuts - pickles - plant based protein powders or supplements - potatoes - tomatoes - wheat germ
Nicotine, alcohol, marijuana, and CBD for medicinal or recreational use	- Smoking, vaping, patch or oral forms of nicotine, marijuana, and CBD - All types of alcohol
Diet aids	Avoid all diet aids including OTC and herbal (i.e. Ephedra)