



## Texas Center for Facial Plastic and Laser Surgery

14603 Huebner Road, Building 1, Suite 101

San Antonio, TX 78230

210.468.5426

### MEDICATION PRECAUTIONS FOR SURGERY PATIENTS

Some medications may increase the risk of bleeding during or after surgery. It is important that you talk to your doctor about all of the medications you take, including over-the counter, and herbal medications. Your doctor may tell you to stop taking some medications, or may tell you to take them at a different time than you normally do. If your doctor tells you to keep taking a medication before surgery, you should take it only with a sip of water.

Here is some general information about drugs that may increase your risk of bleeding. **This is not a comprehensive list, so please talk to your doctor about all of your medications.**

#### Medications that may increase your risk of bleeding

- Non-steroidal anti-inflammatory drugs (NSAIDs)

NSAIDs, such as ibuprofen and naproxen, can promote bleeding and bruising. Do not take any NSAIDs for at least 10 days before your surgery and do not restart for at least 3 days after your surgery.

Check the label of all your medications, even ones you take without a doctor's prescription, to see if they include NSAIDs. Some medications that include NSAIDs are listed below. This list does not include all brand names or store names, so be sure to check for the scientific (generic) name. If you don't know if a medication contains an NSAID, ask your doctor. Please tell us if you are taking an NSAID.

Most patients can take acetaminophen (Tylenol®) instead of an NSAID. Acetaminophen does not promote bleeding and it can help relieve minor pain or fever before surgery. Talk with your doctor before using acetaminophen if you have liver problems.

- Aspirin and Blood Thinning Medications

If you take aspirin for pain, inflammation, or fever, stop using it at least 10 days before your surgery and do not restart for at least 3 days after your surgery.

If you take aspirin to prevent a heart attack or stroke, please tell us as well as your prescribing physician so that we can manage your therapy before and after surgery. Also tell us and your prescribing physician if you are taking prescription blood thinning medications. Do not stop taking these medications or aspirin used to prevent a heart attack or stroke without first talking to a doctor.

#### Medications to Avoid

**Please tell us if you are taking anything from the lists below or if you are taking any other medications.**

##### Aspirin and Selected Brand Name Drugs Containing Aspirin:

Ascriptin®	Easprin®	Fiorinal®	Orphengesic
Bayer® Aspirin	Ecotrin®	Genaced™	Pain-Off
Bufferin®	Endodan®	Goody's®	Percodan®
Buffinol Extra	Equagesic®	Halfprin®	Phrenilin®
Buffinol	Excedrin® Extra	Norgesic™ Forte	St. Joseph® Aspirin
Damason-P®	Strength	Norgesic™	Soma® Compound
Darvon® Compound	Fem-Prin®	Orphengesic Forte	Sureprin 81™

Vanquish®

ZORprin®

### **Medications to avoid (continued)**

#### NSAIDs and Selected Brand Name Drugs containing them:

diclofenac (Arthrotec®, Cataflam®, Voltaren®)  
diflunisal (Dolobid®)  
etodolac (Lodine®)  
fenoprofen (Nalfon®)  
flurbiprofen (Ansaid®)  
ibuprofen (Advil®, Combunox™, Dristan® Sinus,  
ElixSure™ IB, Genpril®, I-Prin, Ibu-200,  
Midol®, Motrin®, NeoProfen®, Proprinal,  
Reprexain™, Ultraprin, Vicoprofen®)  
indomethacin (Indocin®)

ketoprofen (Orudis® KT)  
ketorolac (Toradol®)

meclofenamate  
mefenamic acid (Ponstel®)  
meloxicam (Mobic®)  
nabumetone (Relafen®)

naproxen (Aleve®, Anaprox®, EC-Naprosyn®,  
Midol®, Naprelan®, Naprosyn®, Pamprin®,  
Prevacid® NapraPAC™)  
oxaprozin (Daypro®)  
piroxicam (Feldene®)  
sulindac (Clinoril®)  
tolmetin (Tolectin®)

#### Prescription Blood Thinning Medications:

warfarin (Coumadin®)  
clopidogrel (Plavix®)  
dipyridamole (Aggrenox®, Persantine®)

cilostazol (Pletal®)  
pentoxifylline (Pentoxil®, Trental®)  
ticlopidine (Ticlid®)

#### Other Drugs:

estrogens (oral contraceptives, Alora®, Cenestin®,  
Climara®, Delestrogen®, Depo®-Estradiol,  
Enjuvia™, Esclim®, Estrace®, Estraderm®,  
Estrasorb™, Estratest®, Estring®, EstroGel®,  
Femring™, Femtrace®, Gynodiol®,  
Menostar™, Premarin®, Premphase®,  
Prempro™, Menest®, Syntest, Vagifem®,  
Vivelle-Dot®, Vivelle®)  
raloxifene (Evista®)  
fulvestrant (Faslodex®)  
tamoxifen (Nolvadex®, Soltamox™)  
toremifene (Fareston®)

citalopram (Celexa®)  
escitalopram (Lexapro®)  
fluoxetine (Prozac® Weekly™, Prozac®,  
Sarafem®, Symbyax™)  
fluvoxamine (Luvox®)  
paroxetine (Paxil CR®, Paxil®, Pexeva®)  
sertraline (Zoloft®)  
isocarboxazid (Marplan®)  
phenelzine (Nardil®)  
selegeline (Eldepryl®, Emsam®, Zelapar™)  
tranylcypromine (Parnate®)

### **Homeopathic Preparations to Avoid**

bilberry (Vaccinium myrtillus)  
cayenne (Capsicum annuum)  
dong quai (Angelica sinensis)  
echinacea (echinacea augustifolia)  
feverfew (Tanacetum parthenium)  
garlic (Allium sativum)  
ginger (Zingiber officinale)  
gingko biloba  
ginseng (Panax quinquefolium)

hawthorne (Crataegus laevigata)  
kava kava (piper methysticum)  
licorice root (Glycyrrhiza glabra)  
ma huang (ephedra sinica)  
melatonin  
St. John's Wort (hypericum perforatum)  
valerian (Valeriana officinalis)  
yohimbe (Coryanthe yohimbe)

### **Vitamins to Avoid**

Vitamin E  
fish oil  
cod liver oil

**Fruits and Vegetables to Eat in Small Amounts**

apricots	dates	green pepper	red chili peppers
canned mushrooms	dried fruit	oranges	strawberries
cantaloupe	eggplant	pineapple	tomato paste
chicory	endive	prunes	tomato sauce
colored berries	gherkins	radishes	watercress
cranberries	grapes	raspberries	zucchini
currants	green olives	raisins	

**Condiments to Eat in Small Amounts**

anise seed	dill	paprika	tarragon
canella	mustard powder	rosemary	thyme
curry powder	oregano	sage	Worcestershire sauce

**Nuts to Eat in Small Amounts**

almonds  
peanuts with shells  
water chestnuts