

MEDICATIONS TO DISCONTINUE PRE AND/OR POSTOPERATIVELY

Patients having surgery **must discontinue** any medication that contains aspirin or other non-steroidal anti-inflammatory agents and diet pills for at least (2) weeks before surgery. This includes, but is not limited to, Phen-Fen (Phentermine and Fenfluramine), Redux, and other prescriptions and non-prescription diet pills.

Aspirin has an affect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the post-operative period. Reaction between diet pills and anesthetic drugs could result in disturbances in your heart rhythms and could even cause cardiac arrest or death.

If you need minor pain medication, please take Tylenol. Tylenol is available at your pharmacy without prescription and has an action very similar to that of aspirin. If you are allergic to Tylenol or unable to take it for other reason, please notify us so we might arrange for a suitable substitute.

You must discontinue these medications for at least (2) weeks prior to surgery. Failure to do so may result in cancellation of your procedure.

Section 1

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for at least two weeks prior to surgery. If you need to take something for relief of minor pain, you may take Tylenol.

A.P.C.	Ecotrin	Nuprin
A.S.A.	Empirin with Codeine	Orudis
A.S.A. Enseals	Endep	Pabalate-SF
Advil	Equagesic Tablets	Pamelor
Aleve	Etrafon	Parnate
Alka-Seltzer	Excedrin	Pepto-Bismol (all types)
Alka Seltzer Plus	Feldene	Percodan
Anacin	Fiorinal	Persantine
Anaprox	Fish Oil	Phentermine
Ansaid	Flagyl	Phenylbutazone
Argesic	Four Way Cold Tablets	Ponstel
Arthritis Pain Formula	Gemnisin	Propoxyphene Compound
Arthritis Strength Bufferin	Ginseng (all types/brands)	Robaxial
Arthropan liquid	Gleprin	Rufen
Ascriptin (all types/brands)	Goody's	S-A-C
Asperbuf	Ibuprofen	Saletto
Aspergum	Indocin	Salocol
Aspirin (all types/brands)	Indomethacin	Sine-Aid/Sine-Off/Sinutab
Atromid	Lanorinal	SK-65 Compound
Axotal	Lioresal	St. Joseph's Cold Tablets
B.C. Tablets & Powder	Lortab	St. John's Wort (all types)
Backache Formula	Magan	Sulindac
Bayer Children's Cold Tablets	Magsal	Synalgos
Buf-Tabs	Marnal	Tagamet
Buff-A Comp	Marplan	Talwin Compound
Bufferin (all formulas)	Medomen	Tenuate Dospan
Buffets II	Methocarbamol with Aspirin	Tolectin
Buffinol	Micrainin	Tolmetin
Butazolidin	Midol	Toradol
Cama Arthritis Pain Reliever	Mobidin	Triaminicin
Carisoprodol	Mobigesic	Trigesic
Clinoril	Momentum Muscular	Trilisate Tablets & Liquids
Congespirin Chewable	Motrin	Uracel
Cope Tablets	Nalfon	Vanquish
Damason P	Naprosyn	Verin
Darvon (all compounds)	Naproxen	Vitamin C (>1000mg/day)
Disalcid	Nardil	Vitamin E (>600mg/day)
Dolobid	Nicobid	Voltaren
Dolprin	Norgesic	Zorprin
Easprin	Norgesic Forte	

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Section 2

The drugs listed below can have undesirable side effects that may affect your anesthesia or surgery. Please let us know if you are currently taking any of these medications:

Achromycin	Imipramine HCL	Sinequan
Adapin	Isocarboxazid	Sumycin
Amitriptyline HCL/MCL	Lorbitol	Surmontil
Amoxapine	Ludiomil	Tetracycline
Anafranil	Maprotiline HCL	Tofranil
Asendin	Matulane	Tranlycypromine
Aventyl	Medipren	Tri-Cyclen
Carbamazepine	Mysteclin-F	Triavil
Co-Tylenol	Norpramin	Trimipramine maleate
Comtrex	Nortriptyline HCL	Vibramycin
Desipramine HCL	Novahistine	Vivactil
Desyrel	Omade	Wellbutrin
Dilantin	Perphenazine	Zoloft
Doxepin HCL	Phenelzine sulfate	Zomax
Elavil	Procarbazine HCL	Zovirax
Extrafon	Protriptyline HCL	
Flexeril	Prozac	

Section 3

The following foods contain salicylates, which affect blood clotting. The do not need to be omitted completely from your diet, but should be kept to a minimum for two weeks prior to your surgery.

Almonds	Grapes	Plums
Apricots	Grape juice	Prunes
Berries	Jellies/preserves	Raisins
Cherries	Nectarines	Tomatoes
Cucumbers	Oranges	Tomato products
Currants	Peaches	Vinegar
Curry	Pickles	Wine

Section 4

Nutritional supplements may be beneficial for a variety of ailments but their use around the time of surgery may not be desirable. Therefore, it is advisable to stop taking these products to avoid problems with surgery and/or anesthesia. If time permits, discontinue the use of these products **two weeks prior to your surgery and two weeks after your surgery.**

Bilberry (vaccinium myrtillus) – contain anthocyanosides, flavonoid compounds that improve visual acuity and are important in the treatment of eye disorders. Is an excellent antioxidant that strengthens capillaries and collagen. Has anti-platelet activity and may inhibit clot formation.

Cayenne (capsicum annum) – used for GI tract disorders. Overdose may cause severe hypothermia.

Dong Quai (angelica sinensis) – the main application is in the relief of menstrual disorders and menstrual cramps. Often used to relieve menopausal symptoms. Active constituent is coumarin derivatives, which may potentiate existing anticoagulant medications.

Echinacea (echinacea augustifolia) – immune system stimulant with anti-inflammatory, antiviral and antibacterial effects. Used as a prophylaxis for upper respiratory infections. Use of echinacea may impact the liver when general anesthetic or certain other medications such as anabolic steroids or methotrexate are used.

Feverfew (*tanacetum parthenium*) – used for migraine headache prevention and for arthritis, rheumatic disease, and allergies. May increase bleeding, especially in patients taking certain anti-clotting medications.

Fish oil caps – supplies important omega-6 fatty DHA and EPA used to reduce cholesterol and triglyceride effects. Has blood thinning properties.

Garlic (*allium sativum*) – garlic has vasodilatory, hypocholesterolemic effects and antiplatelet effects. May augment effects of Coumadin, Warfarin, and NSAIDS causing abnormal bleeding time.

Ginger (*zingiber officinale*) – useful as antispasmodic, anti-inflammatory and anti-nauseant. Prophylactic for motion sickness and used to stimulate appetite. Useful for post-op emesis. Use of ginger may alter bleeding time. Ginger may interfere with cardiac and anticoagulant medications.

Ginkgo Biloba (*ginkgo biloba*) – one of the oldest living tree species which can live up to 1,000 years and grow to a height of 120 feet. Used as an antioxidant and circulatory stimulant. Used for treatment of intermittent claudication, tinnitus, vertigo, memory enhancement, and sexual dysfunction. Anticoagulant activity is 3x stronger than Vitamin E.

Ginseng (*panax ginseng/panax quinquefolium*) – at least three different varieties: Asian, American, and Siberian. Improves physician and cognitive performance, mood or metabolism. An adaptogen and an antioxidant. Anticoagulant that may interact with cardiac, hypo/hypertensive medications and hypoglycemic agents.

Hawthorne (*crataegus laevigata*) – the extract is used for its ability to potentiate the action of cardiac glycosides. Used in the treatment of ischemic heart disease, hypertension, angina and chronic congestive heart disease. Potentiates the actions of digitalis and other cardiac glycosides.

Kava Kava (*piper methysticum*) – sedative, analgesic, soporific, anti-convulsant, muscle relaxant, anxiolytic. Similar to the effects of benzodiazepines in treatment of anxiety. May potentiate CNS effects of barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.

Licorice root (*glycyrrhiza glabra*) – used for gastric and duodenal ulcers, gastritis, and cough/bronchitis. Glycyrrhizic acid in licorice may cause high blood pressure, hypokalemia, and edema.

Ma Huang (*ephedra sinica*) – used in weight loss and energy products; a natural amphetamine with powerful stimulant effects. More than 800 adverse reactions reported with the FDA. Causes hypertension, tachycardia, cardiomyopathy, and cardiac dysrhythmias.

Melatonin – a hormone secreted by the pineal gland. Regulates many other hormones that are involved in controlling circadian rhythm. Used for jet lag, insomnia, and SAD (seasonal affective disorder). May potentiate CNS effects of barbiturates and general anesthetics.

St. John's Wort (*hypericum perforatum*) – herb used as mild anti-depressant, sedative, or anxiolytic. May have a monoamine oxidase (MOA) inhibitory effect. Can interact with MAO inhibitors and other anti-depressants. Many other drug interactions reported.

Valerian (*valeriana officinalis*) – used as a sedative, hypnotic, and anti-spasmodic in the GI tract. Relieves anxiety, nervousness, and insomnia. May increase effects of sedative hypnotics.

Vitamin E – important fat-soluble vitamin that acts as an antioxidant and prevents oxidation of polyunsaturated fatty acids. Used in the prevention and treatment of cardiovascular disease, cancer, age-related degenerative diseases. Anti-clotting benefits can prolong bleeding time.

Yohimbe (*corynanthe yohimbe*) – “Natural Viagra” that has MAO effects. Yohimbe is the agent extracted from the bark of the yohimbe tree. The tree grows in African nations of Cameroon, Gabon, and Zaire. Purported to have both psychological and physical effects. Increases the potency of anesthetics.

If you have any questions regarding the above medications or any medication you are taking, please do not hesitate to call our office.

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