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MEDICATIONS, VITAMINS, AND SUPPLEMENTS TO AVOID BEFORE SURGERY

The following medications, vitamins, and supplements may cause problems for you during and after your surgery. Please look at all of the items on this list and stop taking any of them as directed in each section.

Section 1: Nicotine and nicotine-related products

Nicotine in any form reduces blood flow to the skin. Any nicotine in your system will increase your risk of having significant problems with healing. Stop all forms of nicotine at least **3 weeks** before your surgery. This includes:

Cigars	Nicotine-containing products like Juul
Cigarettes	e-cigarettes
Nicotine gum	'Smokeless tobacco' like Skoal
Nicotine patches	

Section 2: Aspirin-containing medications

Aspirin affects bleeding. Taking aspirin around the time of your surgery increases your risk of bleeding after surgery. Stop any aspirin-containing medications **7 days** before your surgery. This includes:

Aspirin	BC Tablets and Powder	Mobigesic
A.S.A.	Bufferin	Norgesic
Alka-Seltzer	Clinoril	Norgesic Forte
Alka-Seltzer Plus	Disalcid	Pepto-Bismol (all types)
Anacin	Empirin	Sine-Aid/Sine-Off/Sinutab
Anaprox	Equagesic	St. Joseph's Cold tablet
Ansaid	Excedrin	SulindacTrigesic
Argesic	Indocin	Trilisate tablets/liquid
Ascriiptin	Indomethacin	Vanguish
Aspergum	Methocarbamol with aspirin	
Bayer	Midol	



MEDICATIONS, VITAMINS, AND SUPPLEMENTS TO AVOID (continued)

Section 3: Notify Dr. Kunkel if you are taking any of the following medications. They may affect how you respond to anesthesia or have other undesirable effects.

Amitriptyline	Doxepin	Novahistine	Tri-Cyclen
Anafranil	Effexor	Perphenazine	Triavil
Aventyl	Elavil	Phenelzine	Trimipramine
Carbamezapine	Ephedra	Procarbazine	Viagra
Co-Tylenol	Ephedrine	Pseudoephedrine	Vibramycin
Comtrex	Flexeril	Sinequan	Vioxx
Desipramine	Imipramine	Sumycin	Vivactil
Desyrel	Norpramin	Tetracycline	
Dilantin	Nortriptyline	Tofranil	

Section 4: Vitamins and herbal supplements

Vitamins and herbal supplements may cause abnormal bleeding and may have other detrimental effects. Avoid anything on the following list for at least **2 weeks** before your surgery.

Dong quai	Fish oil (omega 3 fatty acids)	Ginseng	Licorice
Echinacea	Garlic	Glucosamine	St. John's wort
Ephedra	Gingko biloba	Goldenseal	Valerian
Feverfew		Kava	Vitamin E

Section 5: Diet aids

These must be stopped **2 weeks** before your surgery. Failure to stop these medications will likely result in cancellation of your surgery. Notify Dr. Kunkel if you are taking any diet aids or medications not listed below as well.

Ephedra

Phentermine

Redux