



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 **6 weeks** before your surgery. This includes:

Cigars	Nicotine patches
Cigarettes	Vaping products like Juul that contain nicotine
Nicotine gum	e-cigarettes

Section 2: Diet Medications

Diet medications may cause problems related to anesthesia. You should not take the following medications for **2 weeks** before your surgery:

Adipex-P	Lomaira	Redux
Benzphetamine	Ozempic	Rybelsus
Didrex	Phentermine	Wegovy

Section 3: Aspirin and blood-thinning medications

Aspirin will make you bleed and increase your risk of needing additional surgery. Stop all medications that contain aspirin for **7 days** before your surgery. Some medications with aspirin include:

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



MEDICATIONS, VITAMINS, AND SUPPLEMENTS TO AVOID (continued)

Section 4: Other Medications

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	Desyrel	Nortriptyline	Ticagrelor
Anafranil	Dilantin	Novahistine	Tofranil
Apixaban	Doxepin	Perphenazine	Tri-Cyclen
Aventyl	Effexor	Phenelzine	Triavil
Brilinta	Elavil	Plavix	Trimipramine
Carbamezapine	Eliquis	Pradaxa	Viagra
Clopidogrel	Ephedrine	Procarbazine	Vibramycin
Co-Tylenol	Flexeril	Pseudoephedrine	Vioxx
Comtrex	Gabigatran	Sinequan	Vivactil
Coumadin	Imipramine	Sumycin	Warfarin
Desiprimine	Norpramin	Tetracycline	

Section 5: 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