

Supplements and Medications to Avoid Before Surgery

Many prescription medications, over-the-counter medications, vitamin and mineral supplements, and herbal products and remedies interfere with each other. You must tell Dr. Boyd and anesthesiologist of every medication or supplement you take daily or regularly and any you have taken in the last few months. Some medications, including some anti-depressants, take several weeks to completely leave the body.

Do not assume that if something is herbal or “natural,” that it is safe to take when you are having surgery or taking other medications. Even homeopathic supplements can increase some risks during and after your surgery, so please disclose every medication, essential oil, supplement, suspension, or whatever you are taking. Your life and wellbeing may depend upon it. This also goes for any recreational drug that you use even occasionally.

Aspirin and ibuprofen inhibit blood clotting and can cause problems with excessive bleeding during and after surgery. They must be discontinued for two weeks prior to and two weeks after surgery. If you need to take a pain reliever in the days before your surgery, take acetaminophen (Tylenol).

If you smoke, stop smoking at least 2 to 3 weeks before surgery and don't start again until at least 2 to 3 weeks after your day of surgery. Smoking significantly reduces your body's circulation to the skin and interferes with healing. It can cause your wounds to break down even after they have healed. Stop smoking *completely*, if you can.

Alphabetical List of Medications to Avoid Before Surgery

This is not a complete list of medications that can cause problems with surgery or anesthesia, but do make sure. Dr. Boyd and your anesthesiologist have a complete list of all the medications you take. This list must include all over-the counter drugs, as well as vitamin, mineral and herbal supplements.

A

All Advil products, Alka-Seltzer, Aluprin, Aleve, Amigesic Capsules, Anacin, Ansaid, Analval, Anaprox, Anaprox-DS, Anaproxen, Anodynos, Ansaid, APC, Argesic, Arthra-G, Arthralgen, Arthritis Pain Formula, Arthritis Strength Bufferin, Arthropan, Arthropan Liquid, Ascodeen, Ascriptin, all Ascriptin products, Asperbuf, Aspercin, Aspergum, aspirin (of any kind, including suppository form), ASpirTab, Asprimox products, ASA Tablets, Axotal, Azdone, azulfidine products

B

B-A-C, all Bayer Aspirin products, BC Powder/Tablets, Bismatrol, bilberry tablets, Brufen products, Buff-A-Comp, Buff-A Comp No.3 Tablets with codeine, Buffaprin, Buffasal, all Bufferin products, all buffered aspirin products, Buffets II, Buffex, Buffinol, Butalbital, Butal/ASA/caffeine compound, Butazolidin

C

Cama Arthritis Pain Reliever, Cataflam, carisoprodol, cayenne, Cephalgesic, Cheracol, Clinoril, Congespirin, Contac products, Cope, Coricidin products, Coumadin, Cosprin products, CP-2

D

Damason-P, Darvon products, Daypro, Deprenyl, diclofenac, diflunisal, dipryridamole, Disalcid, Diurex, Doan's products, Dolobid, Dolophine, Drinophen, Dristan products, Duoprin products, Duradyne DHC

E

Easprin, echinacea, Ecotrin products, Eldepryl, Emagrin, Empirin products, Emprazil, Endodan, Epromate-M, Equagesic, Equazine-M, etodolac, Excedrin

F

Feldene, fenoprofen, Fiogesic, Fiorinal products, Florgen, Flurbiprofen, 4 Way Cold products

G

Garlic tablets or supplement, Gelpirin, Genpril, Genprin, Gensan, Ghemnisym, Ginger, Gingko biloba, Goody's Headache Powder products

H

Haltran, heparin, Halfprin

I

Ibu, Ibu-Tab, ibuprofen, Ibuprin, Ibuprohm, Indocin, Indochron, indomethacin, Infantol, iproniazid, isocarboxazid, Isollyl

J**K**

Ketoprofen, ketorolac

L

Lanorinal, licorice root, Lodine, Lortab ASA

M

Magan, Magnaprin, Magsal, all MAO inhibitors, Marnal, Marplan, Marthritic, Measurin, meclofenamate, Meclomen, Medigistic-Plus, Medipren, Menadol, Meprogesic, methocarbamol, Micranin, Midol products, Mobidin, Mobigesic, Momentum, Monogesic, all Motrin products

N

Nabumetone, Nalfon, Naprosyn, Nardil, nefazodone, Norgesic products, Norwich Extra Strength Aspirin, Nuprin, NyQuil/NyQuil P.M.

O

Omega-3 oil (fish oil), Orphenagesic products, Orudis, Oruvail, oxycodone/aspirin

P

P-A-C, Pabalate, Pacaps, Pamprin-IB, Panalgesic, Panodynes, papaya, Parnate, PediaProfen, Pedrazil, pentoxifylline, Percodan products, Persantine, Persisrin, PetoBismol, Phenaphen, phenelzine, pine bark extract, piroxicam, Presalin, Propoxyphene, Ponstel, Pycnogenol

Q

Quagesic, Quiet World

R

Relafen, Rexolate, Robaxin, Robaxisal, Roxiprin, Rufen, Robaxisal

S

S-A-C, Salatin. Saleto products, Salflex, salicylamide, Salocol, salsalate, Salsitab, selegiline, Serzone, Sine-Aid products, Sine-Off products, Soma Compound products, St. Johns wort, St. Josephs Aspirin products, sodium thiosalicylate, Stanback Analgesic, Sudafed, sulindac, Supac, Synalgos products

T

Talwin, Tenol-Plus, Tolectin products, tolmetin, Toradol, tranlycypromine, Trendar, Trental, Triaminicin, Tricosal, Trigestic, Trilisate, Tri-Pain

U

Ultrapin, Unipro

V

Valesin, Vanquish, ViroMed, Vitamin E, Voltaren

W

Warfarin, Wesprin Buffered

X**Y**

Yohimbe

Z

Zacrin, Zorprin

If you have any questions about these or other medications, please call the office at (310) 295-2287