

# VALENTIS CLINIC

COSMETIC MEDICINE, PLASTIC SURGERY & ADVANCED SKIN CARE

Information on medication to stop before surgery:

There are a number of over-the-counter and dietary supplements which may promote bleeding. These include herbal remedies, Ginko preparations, garlic and Vitamin E to name a few.

Please advise us if you are taking any of these.

Avoid the following oral preparations at least 2 weeks prior to and 2 weeks after surgery (list is not exhaustive):

Any mixture containing:

- Codliver Oil
- Dong Quai
- Echinacea
- Effamol G
- Evening Primrose Oil
- Ephedra
- Feverfew
- Fish Oils (Omega-3 FA)
- Garlic
- Ginko Biloba
- Ginseng
- Glucosamine
- Imedeen
- Kava
- Licorice
- Salmon Oil
- St John's Wort
- Vitamin C (> 2g daily)
- Vitamin E (>400mg daily)

Diet Pills

Anticoagulants (medications to thin your blood)

- Aspirin/salicylates:
  - ASS
  - Aspirin
  - Anadin
  - Alka Seltzer
  - Aggrenox
  - Ascriptin
  - Arthrotec
  - any other cold/flu medication
  - Bayer Aspirin (Bayer products)
  - BC Powder
  - Bufferin
  - Disprin
  - Codis
  - Darvon compound
  - Doan's pills
  - Ecotrin
  - Endodan

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- Excedrin
- Fiorinal
- Fiorinal with codeine
- Lemsip
- Norgesic
- Orphengesic
- Percodan
- SOMA compound
- Synalogue DC capsules

## ➤ Antiinflammatory medications:

- Piroxicam
- Indocid
- Nurofen
- Ibuprofen
- Surgam
- Voltarol
- Naproxen
- Froben
- Lederfen

## ➤ Heparin

## ➤ Warfarin:

- Coumadin
- Jantoven
- Marevan
- Lawarin
- Waran
- Warfant