

## Medications to Avoid



### **Aspirin & Aspirin-Related Products**

Aspirin and aspirin-related products (see following list) should not be taken a week before your procedure as they increase the tendency of bleeding and therefore bruising. For this reason, it is very important that contents of any “over-the-counter preparations” be checked carefully prior to their use. Many headache preparations, cold remedies and “hangover cures” contain ASPIRIN. The chemical name of aspirin is acetylsalicylic acid.

*Examples of drugs containing salicylates (aspirin) are as follows:*

Acetidine	Bufferin	Liquiprin
Alka-Seltzer	Coricidin	Midol
Anacin	Darvon Compound	Pepto-Bismol
Anahist	Dristan	Persistin
APC	Ecotrin	Sal-Sayne
Aspirin	Empirin Compound	Stanback
BC	Excedrin	Theracin
Bromo-Quinine	4-Way Cold Tablets	Trigesic
Bromo-Seltzer	Inhiston	

*Examples of aspirin-related products are as follows:*

Advil	Ibuprofen	Orudis
Anaprox	Indocin	Oruvail
Ansaid	Indomethacin	Piroxicam
Arthrotec	Ketoprofen	Ponstel
Cataflem	Ketorolac	Relafen
Celebrex	Lodine	Sulindac
Celecoxib	Mefenamic Acid	Tolectin
Clinoril	Mobic	Tolmetin
Daypro	Motrin	Toradol
Diclofenac	Naprelan	Vioxx
Dolobid	Naprosyn	Voltaren
Etodolac	Naproxen	
Feldene	Nuprin	

You can substitute **TYLENOL** (acetaminophen) for these products if you require pain medication before surgery.

# Lam Facial Plastics

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Check with your pharmacist if you are uncertain whether a medicine contains aspirin.

## Herbal Medications & Nutritional Supplements

Some herbal medications and nutritional supplements may also increase bleeding or photosensitivity (i.e., sun sensitivity). Please discontinue all herbal medications and nutritional supplements a week before your procedure. In particular, discontinue use of the following medications and supplements a week before your procedure. Some of the following plant foods, such as celery, dill, fennel, may be used in moderation in your diet.

*Some herbal medications that may make you bleed:*

Bilberry	Hawthorne	Sweet vernal grass leaves
Black cohosh rhizome	Horse chestnut bark	Sweet-scented bedstraw plant
Bromelain	Kava kava	Tonka bean seeds
Cayenne	Licorice root	Valerian
Dong quai	Ma huang (ephedra)	Vanilla leaf leaves
Echinacea	Meadowsweet flower	Willow bark
Feverfew	Melatonin	Wintergreen leaves
Fish oil caps	Poplar bark or buds	Woodruff plant
Garlic	St. John's wort	Yohimbe
Ginseng	Sweet birch bark	
Ginkgo biloba	Sweet clover plant	

*Some herbal medications that may make you sensitive to the sun:*

Angelica root & fruit	Cow parsnip	Fig
Celery	Parsley	Goosefoot
Dill	Queen Anne's lace	Lemon peel
Fennel	Agrimony	Psoralea seeds
Khella fruit	Bergamot peel	Rue leaves
Lomatium root	Bitter orange peel	St. John's wort
Lovage root	Buttercup plant	Yarrow plant

## Vitamins

If you are taking a routine multi-vitamin, you may continue doing so. However, if you are taking any vitamin E pills, please stop a week prior to your procedure, as this may increase your chance of bleeding.

## Tobacco

Nicotine in any form, including cigarettes, cigars, chewing tobacco, and even transdermal patches and gum can adversely affect your wound healing. If possible, you are advised to stop all forms of tobacco 2 weeks before and after surgery, especially if Dr. Lam is performing a FLAP reconstruction (e.g., facelift, cancer reconstruction, etc.). There is a chance that you may compromise the success of your surgery if you should continue to take tobacco.

## Alcohol

Abstain from *any* alcohol consumption 72 hours at a minimum prior to your procedure.