

Medications & Supplements to **Stop** Before Surgery

All Medications, Vitamins, Herbs, and Supplements can influence your healing process by changing your metabolism and /or thinning your blood. Usage of these can put you at a higher risk of complications during your healing. This is a partial list. If you are taking something you are not sure about, call us to confirm. Please discuss any Hormonal supplements with us, it is likely you will need to stop them for some time before and after surgery. Accutane use in the last twelve months prevents us from doing surgery.

Injectable Medications & Weight Loss ****ONE WEEK PRIOR TO SURGERY****

Ozempic/Rybelsus/Wegovy (Semalutide). Trulicity (Dulaglutide), Victoza/Saxenda (Liraglutide), Byetta (Exenatide), Mounjaro (Tirzepatide), Accutrim, Alli, Contrave, Dexatrim, Fastin, Hydroxycut, Meridia, Phentermine

Anti-Inflammatories **** 2 WEEKS PRIOR TO SURGERY****

Advil, Aleve, Anacin, Anaprox, Aspirin, BC Powders, Bufferin, Butazolidin, Celebrex, Diclofenac, Enbrel, Excedrin, Fiorinal, Ibuprofen, Indocin, Ketoprofen, Meloxicam, Midol, Mobic, Motrin, Naprosyn, Naproxen, Nuprin, Pamprin, Pepto Bismol, Voltaren

Anti-Coagulants **THIS MUST BE DIRECTED BY YOUR PRESCRIBING DOCTOR ** 2 WEEKS PRIOR ****

Aggrenox, Aspirin, Coumadin, Eliquis, Fragmin, Heparin, Jantoven, Lovenox, Plavix, Pradaxa, Warfarin, Xarelto

Migraine Control ****2 WEEKS PRIOR TO SURGERY****

Excedrin Migraine, Advil Migraine, Imitrex, Zomig, Relpax, Ubrelvy, Maxalt

Cold-Allergy Medications ****2 WEEKS PRIOR TO SURGERY****

Advil products, Excedrin products, Actifed, Alka Seltzer, Coricidin, Dimetapp, Dristan, Nyquil, Ru-Tuss, Sinutab

ADHD Medications/Stimulants **** 5 DAYS PRIOR TO SURGERY****

Adderall, Amphetamines, Concerta, Dexedrine, Focalin, Methylphenidates, Ritalin, Strattera, Vyvanse

Supplements both over the counter and prescribed ****2 WEEKS PRIOR TO SURGERY****

Acai, Bilberry, Cayenne, CoQ10, DHEA, Dong Quai, Echinacea, Ephedra, Feverfew, Fish Oil/Marine oil, Flaxseed oil, Garlic, Ginger, Gingko Biloba, Ginseng, Glucosamine Chondroitin, Green Tea, Guarana, Hawthorne, Hoodia, Kava, Licorice Root, Ma Huang, Multi-Vitamins, Myo Calm, Quercetin, Red Clover, St. John's Wort, Turmeric, Valerian, Vitamin E, Willow Yohimbe. Protein bars, drinks, and powders that contain antioxidants.