

# MEDICATIONS & SUPPLEMENTS TO AVOID

Following is a list of medications and supplements you should discontinue taking two (2) weeks prior to surgery, as well as four (4) days after surgery. Many of these medications and supplements may increase the risk of complications following surgery, and could cause increased bleeding and bruising. Additionally, some may contain ingredients that interfere with sedation or anesthesia.

Please review the list carefully, as many commonly used over-the-counter medications must be avoided. Please note, this list is not all-inclusive, so if you have questions about a medication or supplement you are taking, please contact Dr. Frankel.

If you have been prescribed any of these medications or remedies by a physician for a medical condition, please check with your doctor and Dr. Frankel prior to stopping the medication. Contact Dr. Frankel's office with any questions or concerns at 310.552.2173.

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## **MEDICATIONS:**

### **Medications that contain aspirin:**

Acetylsalicylic Acid (ASA)  
Anacin  
Analgesic Caplets & Tablets  
Ascriptin with Codeine Tablets  
Axotal  
BAC tablets (Butalbital, Aspirin and Caffeine)  
Bayer/Bufferin Aspirins - all varieties  
Darvon with ASA  
Darvon N with ASA  
Easprin  
Ecotrin  
Empirin with Codeine  
Equagesic  
Excedrin  
Fiorinal  
Glypirin Tablets  
Lortab ASA  
Norgesic/Norgesic Forte  
Orphengesic  
Robaxisal  
Roxiprin  
Zorprin

### **Non-steroidal anti-inflammatory medications (NSAIDs):**

Advil  
Aleve  
Anaprox  
Ibuprofen  
Indomethacin (Indocin)  
Midol/Motrin  
Naproxen (Naprosyn)

### **OTHER MEDICATIONS:**

Alka-Seltzer  
Alpha Phed Capsules  
Arthritis Pain Formula  
Carisoprodol Compound  
Clinoril  
Contac Cold Medication  
Damason-P  
Diclofenac (Voltaren)  
Diet pills of any kind  
Diflunisal (Dolobid)  
Di-Gesic Improved  
Dolpron #3  
4-Way Cold Tablets  
Fiogesic Tablets, Caplets  
Meclofenamate (Meclomen)  
Mefenamic Acid (Ponstel)  
Meprobamate & Aspirin Tablets  
Mobic (Meloxicam)  
Oxycodone  
Percodan/Percodan Demi Tablets  
Persistin  
Piroxicam (Feldene)  
Soma (Carisoprodol) Compound  
Sulindac (Clinoril)

Supac  
Synalgos DC Capsules  
Talwin  
Tomerin (Tolectin)  
Vanquish

## **SUPPLEMENTS:**

**Please discontinue the use of the following supplements two (2) weeks prior to surgery and two (2) weeks after surgery.**

Aloe  
Bilberry  
Cayenne  
Dong Quai  
Echinacea  
Feverfew  
Flaxseed  
Garlic  
Ginger  
Ginkgo Biloba  
Ginseng  
Hawthorne  
Kava Kava  
Licorice Root  
Ma Huang  
Melatonin  
Omega Fish Oil  
Red Clover  
St. John's Wort  
Valerian  
Vitamin E  
Vitamin K  
Yohimbe