

***PLEASE REVIEW THE LIST OF PRODCUCTS TO DISCONTINUE  
AND WHAT YOU CAN TAKE FOR THE HEALING PROCESS***

Please review the products to discontinue list below very carefully. It is extremely important to discontinue blood thinners two weeks before any surgical procedure. Aspirin, arthritis medicines, cold medicines, and other drugs containing aspirin can cause excessive bleeding during surgical procedures. The list below is not a complete list of all aspirin-containing or otherwise prohibited products, so be sure to check all medications and herbal/vitamin supplements you might be taking because you need to discontinue taking them two weeks prior to your procedure.

On the day of your procedure, please refrain from drinking ANY caffeine. Please do not consume any alcohol for at least one week prior to surgery.

NOTE: Do not take the following *for two weeks prior to your procedure and one week after* without checking with our office first. If you have any questions, or are medically required to take any of these products, please let us know, or discuss it with your primary care doctor to be sure that you can stop prior to your surgical procedure. Some of the herbal supplements listed below may be alright to take if they are in low doses, but please check with your doctor first.

**VERY IMPORTANT TO STOP TAKING ANY THING ON THE LIST BELOW FOR 2 WEEKS PRIOR TO AND  
DISCONTINUE FOR AN ADDITIONAL WEEK AFTER YOUR PROCEDURE. INCLUDING SMOKING!**

Advil	Enteric	Milk Thistle
Aggrenox	Ephedra	Midol
Aleve	Excedrin	Mobic
Alka Seltzer	Fish Oil	Motrin
Anacin	Fiorina	Naprosyn
Arthritis Pain Formula	Flaxseed Oil	Norgesic
Ascription	4-Way Cold Tablets	Nuprin
Aspirin Tablets	Garlic Tablets (ok to cook with)	Pentasa
Bayer	Ginger Tablets (ok to cook with)	Pepto-Bismol
Bufferin	Ginko Biloba	Presistin
Cama Arthritis Reliever	Ginseng	Propoxyphene
Celebrex	Glucosamine	Saw Palmetto
Condroitin	Goldenseal	St. John's Wort
Coricidin	Indocin	Trigestic
Doans Pills	Omega 3(ok to eat fish)	Valerian
Echinacea	Kava	Vanquish
Ecotrin Emprin Compound	Coumadin (must consult PCP)	Vicoprofen
Lovenox	Plavax	Vitamin E

**NOTE: TYLENOL IS OKAY TO TAKE**

**FIVE DAYS PRIOR TO YOUR SURGERY PLEASE START TAKING THE FOLLOWING:**

**ARNICA MONTANA BY BOIRIN 30C (APPROXIMATELY 80 PELLETS IN A CAPSULE).** Arnica Montana pills prevent excessive bruising, swelling and pain. This homeopathic medicine also improves the healing process before and after surgery. THERE ARE OTHER COMPANIES THAT MANUFACTURE "ARNICA"; OUR PATIENTS SEEM TO HAVE GOOD RESULTS WITH ARNICA MONTANA BY BOIRIN. THIS IS ONLY SUGGESTED, NOT MANDATORY. **Directions:** Start taking the pills at least 5 days prior to surgery. Place 5 under the tongue and let them dissolve. Take them three times a day: a total of 15 and continue taking until bruising and swelling are gone. Continue taking the Arnica Montana pills for a week after surgery, *or longer if needed*. You may also purchase Arnica gel and put that on the areas that are bruised – however, do NOT put the gel on the suture lines. **Note: You can purchase Arnica at Mother's Market or Whole Foods or specialty grocery stores. Also start taking Vitamin C 500 mg twice daily which is good for the immune system, and Vitamin K 100 mcg twice daily which thickens the blood.**