

AVOID the following medications and dietary supplements 2 weeks before surgery and 1 week after surgery.

You must disclose any medications, vitamins and supplements you are taking with Dr. Diana Ponsky, her staff and medical staff at Brainard Surgery Center.

Aspirin, Advil, Aleve, Bayer, Excedrin, Ibuprofen Motrin and Naproxen containing products, supplements and herbals may inhibit blood thinning and/or clotting and cause difficulties during and after surgery.

Diet Pills and other fat loss supplements and stackers should be stopped 2 weeks before surgery. Many of these pills contain anticoagulants and can seriously impede your body's ability to clot sufficiently- resulting in hemorrhaging. Often this pills also in include caffeine, which can affect your anesthetic medications.

Smoking should be avoided 6 weeks before and 6 weeks after your surgical procedure. Smoking significantly reduces your body's circulation and vascularity, meaning your tissues will not receive all the oxygen needed for proper healing.

Oral Contraception- Antibiotics can decrease the effectiveness of oral contraceptives- using an alternative method of birth control while on antibiotics is strongly recommended.

MEDICATIONS TO AVOID

If you are currently taking any medications highlighted in **red**, please consult with your prescribing physician for clearance to avoid those products. Contact the office immediately if your prescribing physician has advised you to continue your medications as directed or would like you to only stop for a specific period other than what is suggested for surgery.

Advil	Diflusal	Hydroxycut	Nardil	Quagesic	Trendar
Alka Seltzer	Diclofenac	Ibuprofen	Naproxen	Quinine	Trental
Aleve	Doan's	Imitrex	Neomycin	Relafen	Tricosal
Amigesic	Dolobid	Indocin	Neogesic	Rexolate	Trigesic
Amitriptyline	Ecotrin	Innohep	Norgesic	Rhynex	Trilisate
Anacin	Eliquis	Isollyl	Novasal	Roxiprin	Ultrapin
Ansaid	Empirin	Lanorinal	NyQuil	Robaxisal	Unipro
Arixtra	Enoxaparin	Lodine	Orphenagesic	Salabuff	Ursinos
Arthropan	Equagesic	Lovenox	Orudis	Salflex	Vanquish
Aspirin	Equazine-M	Magan	Oruvail	Salicylamide	Vivarin
Bayer Aspirin	Excedrin	Magsal	Pabalate	Salocol	Voltaren
Bufferin	Feldene	Marthritic	Pacaps	Salsitab	Valdecobix
Carisoprodol	Fiogesic	Meclomen	Pamprin-IB	Savaysa	Warfarin
Celebrex	Fioricet	MeclloFenamate	Panalgesic	Sudafed	Xarelto
Chondroitin	Fiorinal	Methotrexate	Percodan	Sulindac	Zactrin
Clopidogrel	Flagyl	Midol	Persantine	Synalogos	Zorprin
Contact	Genacote	Mobidin	Pepto-Bismol	Talwin	
Coricidin	Glucosamine	Moblgesic	Plavix	Ticlid	
Coumadin	Halprin	Monogesic	Pletal	Tolectin	
DayPro	Haltran	Motrin	Ponstel	Tolmetin	
Dalteparin	Heparin	Nalfon	Pradaxa	Torado	



SUPPLEMENTS TO AVOID

Aloe	Chromium	Ephedra	Ginkgo Biloba	Horseradish	Turmeric
Cayenne	Cod Liver	Fish Oil	Ginseng	Melatonin	Vitamin E
Chamomile	DHEA	Garlic	Ginger	St. John's Wort	

