KAROL A. GUTOWSKI, MD & ANDREA MARTIN, MD

Do NOT Take These Medications Before Your Procedure or Surgery

Medications that contain aspirin, as well as many other medications and supplements, may cause bleeding. Medications and supplements of this nature should not be taken for 2 weeks before and 2 weeks after your surgery. The following is a list of such medications and supplements, but it is not all-inclusive. If you have questions please check with your pharmacist or call us for clarification.

If you are on aspirin, Plavix, or any other type of blood thinner, you need to discuss this with your surgeon at least 4 weeks before your procedure to allow time to find out if the medication can be stopped before surgery.

PRESCRIPTION & NON-PRESCRIPTION

VITAMINS / SUPPLEMENTS / HERBAL REMEDIES

Echinacea Ephedra Evening Primrose Oil Feverfew Flax Oil Garlic Ginko Biloba Ginseng Green Tea All herbal Tea St. John's Wort Vitamin A, E and C Vita A.S.A. 325 mg

To be safe, please do not take <u>any</u> vitamins, supplements, herbal remedies or over-thecounter medications 2 weeks before surgery. The only exceptions to this are Arnica Montana, which may be used staring the day before your surgery, and Acetaminophen (Tylenol) Plain or Extra Strength can be used for aches and pain. Most prescription medications can be continued, but please check with us.