



AESTHETIC FACIAL BODY PLASTIC SURGERY
DR. PHILIP A. YOUNG, MD DR. RIKESH T. PARIKH, MD

Medications to Avoid

If you are taking any medications on this list, they should be discontinued 2 weeks before and after your procedure and only acetaminophen products, such as Tylenol, should be taken for pain. Most importantly we would like you to avoid high dose vitamin E (anything greater than 40IU), aspirin, anti-inflammatories, herbal medications, supplements (fish oil, omega 3's). All other medications – prescriptions, over-the-counter and herbal medications or supplements– that you are currently taking must be specifically cleared by your Doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your Doctor and the nursing staff. There are some foods that are listed below. We ask that you refrain from eating excessive amounts of the foods. A small amount is appropriate.

Aspirin Medications to Avoid: *Affect blood clotting.*

| | | | |
|------------------------|------------------------|-------------------------|------------------------|
| 4-Way Cold Tabs | Butal/ASA/Caff | Headache Powders | Pabalate products |
| 5-Aminosalicylic Acid | Butalbital Compound | Halfprin products | P-A-C |
| Acetilsalicylic Acid | Cama Arthritis Pain | IBU | Pain Reliever Tabs |
| Actron | Reliever | Indomethacin products | Panasal |
| Adprin-B products | Carisoprodol Compound | Isollyl Improved | Pentasa |
| Aleve | Cataflam | Kaodene | Pepto-Bismol |
| Alka-Seltzer products | Cheracol | Lanorinal | Percodan products |
| Amigesic Argesic-SA | Choline Magnesium | Ibuprohm | Phenaphen/Codeine #3 |
| Anacin products | Trisalicylate | Lodine | Pink Bismuth |
| Anexsia w/Codeine | Choline Salicylate | Lortab ASA | Piroxicam |
| Arthra-G | Cope | Magan | Propoxyphene Compound |
| Arthriten products | Coricidin | Magnaprin products | products |
| Arthritis Foundation | Cortisone Medications | Magnesium Salicylate | Robaxial |
| products | Damason-P | Magsal | Rowasa |
| Arthritis Pain Formula | Darvon Compound-65 | Marnal | Roxeprin |
| Arthritis Strength BC | Darvon/ASA | Marthritic | Saleto products |
| Powder | Diclofenac | Mefenamic Acid | Salflex |
| Arthropan | Dipenturn | Meprobamate | Salicylate products |
| ASA | Disalcid | Mesalamine | Salsalate |
| Asacol | Doan's products | Methocarbarnol | Salsitab |
| Ascriptin products | Dolobid | Micrainin | Scot-Tussin Original 5 |
| Aspergum | Dristan | Mobidin | Action |
| Asprimox products | Duragesic | Mobigesic | Sine-off |
| Axotal | Easprin | Momentum | Sinutab |
| Azdone | Ecotrin products | Mono-Gesic | Sodium Salicylate |
| Azulfidine products | Empirin products | Motrin products | Sodol Compound |
| B-A-C | Equagesic | Naprelan | Soma Compound |
| Backache Maximum | Etodolac | Naproxen | St. Joseph Aspirin |
| Strength Relief | Excedrin products | Night-Time Effervescent | Sulfasalazine |
| Bayer Products | Fiorgen PF | Cold | Supac |
| BC Powder | Fiorinal products | Norgesic products | Suprax |
| Bismatrol products | Flurbiprofen | Norwich products | Synalgos-DC |
| Buffered Aspirin | Gelpirin | Olsalazine | Talwin |
| Bufferin products | Genprin | Orphengesic products | Triaminicin |
| Buffetts 11 | Gensan | Orudis products | Tricosal |
| Buffex | Goody's Extra Strength | Oxycodonc | Trilisate |



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| | | |
|-------------------|----------|----------------------|
| Tussanil DH | Vanquish | Willow Bark products |
| Tussirex products | Wesprin | Zorprin |
| Ursinus-Inlay | | |

Ibuprofen Medications to Avoid: *Affect blood clotting.*

| | | | |
|--|----------------------------|---------------------|---------------------------------|
| Acular (ophthalmic) Advil products | Haltran | Nabumetone | Rhinocaps Sine- Aid products |
| Anaprox products Ansaïd | Indochron E-R | Nalfon products | Sulindac |
| Clinoril Daypro | Indocin products | Naprosyn products | Suprofen |
| Dimetapp Sinus | Ketoprofen | Naprox X | Tolectin products |
| Dristan Sinus | Ketorolac | Nuprin | Tolmetin |
| Feldene | Ibuprin | Ocufen (ophthalmic) | Toradol Voltaren |
| Fenoprofen | Ibuprofen | Oruvail | |
| Genpril | Ibuprofen | Oxaprozin | |
| | Meclofenamate | Ponstel | |
| | Meclomen | Profenal | |
| | Menadol Midol- products | Relafen | |

**Avoid ALL Diet Aids – Including Over-the-Counter & Herbal
*Intensify anesthesia, serious cardiovascular effects.***

Tricyclic Antidepressants to Avoid: *Intensify anesthesia, cardiovascular effects.*

| | | | |
|---------------|---------------------------|---------------|--------------|
| Adapin | Doxepin | Maprotiline | Tofranil |
| Amitriptyline | Elavil | Norpramin | Triavil |
| Amoxapine | Endep Etrafon products | Nortriptyline | Trimipramine |
| Anafranil | Imipramine | Pamelor | Vivactil |
| Asendin | Janimine | Pertofrane | |
| Aventyl | Limbitrol products | Protriptyline | |
| Clomipramine | Ludiomil | Sinequan | |
| Desipramine | | Surmontil | |

Other Medication to Avoid: *Affect blood clotting.*

| | | | |
|----------------------|----------------------|---------------------|----------------|
| 4-Way w/ Codeine | Dicumerol | Miradon | Stelazine |
| A.C.A. | Dipyridamole | Opasal | Sulfinpyrazone |
| A-A Compound | Doxycycline | Pan-PAC | Tenuate |
| Accutrim | Emagrin | Pentoxifylline | Tenuate Dospan |
| Actifed | Enoxaparin injection | Persantine | Thorazine |
| Anexsia | Flagyl | Phenylpropanolamine | Ticlid |
| Anisindione | Fragmin injection | Prednisone | Ticlopidine |
| Anturane | Furadantin | Protarnine | Trental |
| Arthritis Bufferin | Garlic | Pyrroxate | Ursinus |
| BC Tablets | Heparin | Ru-Tuss | Virbamycin |
| Childrens Advil | Hydrocortisone | Salatin | Vitamin E |
| Clinoril C | Isollyl | Sinex | Warfarin |
| Contac | Lovenox injection | Sofarin | |
| Coumadin | Macrochantin | Soltice | |
| Dalteparin injection | Mellaril | Sparine | |



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Salicylate Medications, Foods & Beverages to Avoid: *Affect blood clotting.
(High concentration of foods to be avoided, you do not need to cut out these foods completely.)*

| | | | |
|-------------------------------|---|---------------------|--------------|
| Amigesic (salsalate) | Pabalate | Almonds Apples | Garlic |
| Disalcid (salsalate) | Pepto-Bismol (bismuth subsalicylate) | Apricots | Ginger |
| Doan's (magnesium salicylate) | Salflex (salsalate) | Blackberries | Grapes |
| Dolobid (diflunisal) | Salsalate | Boysenberries | Pickles |
| Magsal | Salsitab (salsalate) | Cherries | Prunes |
| Pamprin (Maximum Pain Relief) | Trilisate (choline salicylate + magnesium salicylate) | Chinese Black Beans | Raspberries |
| Mobigesic | | Cucumbers | Strawberries |
| | | Currants | Tomatoes |
| | | | Wine |

Vitamins and Herbs to Avoid

Affect blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage. Note: Just because it is not of this list does not mean that it is safe to take while preparing for surgery.

| | | | |
|----------------|-----------------|----------------|------------------------|
| Ackee fruit | Devil's club | Goldenseal | Muwort |
| Alfalfa | Dong Quai root | Gotu Kola | Nem seed oil |
| Aloe | Echinacea | Grape seed | Onions |
| Argimomy | Ephedra | Guarana | Papaya |
| Barley | Eucalyptus | Guayusa | Periwinkle |
| Bilberry | Fenugreek seeds | Hawthorn | Selenium |
| Bitter melon | Feverfew | Horse Chestnut | St. John's Wort |
| Burdock root | Fo-ti | Juniper | Valerian/Valerian Root |
| Carrot oil | Garlic | Kava Kava | "The natural Viagra®" |
| Cayenne | Ginger | Lavender | Vitamin E |
| Chamomile | Gingko | Lemon verbena | Willow bark |
| Chromium | Gingko biloba | Licorice root | Yellow root |
| Coriander | Ginseng | Ma Huang | Yohimbe |
| Dandelion root | Gmena | Melatonin | |

If you are taking anything not on this list, please call the office at (425) 990-3223 to notify us and make sure that it is okay.