

PRE-OPERATIVE INSTRUCTIONS FOOD AND MEDICATIONS TO AVOID PRIOR TO SURGERY

For the best possible results and to ensure your safety, please carefully read and follow the instructions on both sides of this form. For your safety, we reserve the right to cancel your surgery if you fail to follow these instructions.

ASPIRIN

We strongly recommend that you take no cough or cold medication (or over-the-counter medications) for two weeks before your surgical procedure. Note: If during the two weeks before your operation, you desire pain relief for a tension headache, menstrual cramps or other minor aches and pains, you may take plain Tylenol (acetaminophen). If in doubt about any medication, please check with your local pharmacist.

Aspirin interferes with normal blood clotting. The drugs on the following list contain aspirin, salicylates, and /or salicylamides. Unless otherwise instructed, these drugs should be **AVOIDED for TWO WEEKS BEFORE AND AFTER YOUR SURGERY.** Note: this is not a complete list. Other products may also contain aspirin, salicylates and/or salicylamides. Occasionally, products may be reformulated to add or remove aspirin, salicylates and/or salicylamides. We encourage you to thoroughly read every label or every drug you take and know what it contains.

Advil	Darvon with ASA	Mobidin Tablets
Aleve	Darvon Compound 65	Momentum Tablets
Alka-Seltzer	Darvon-N	Motrin
Alka-Seltzer Plus	Dasin Tablets	Neocylate Tablets
Anacin Tablets/Capsules	Dinol Tablets	Norgesic and Norgesic Forte Tablets
Argesic Tablets	Disalcid Capsules	Os-Cal-Gesic Tablets
Anodynos Tablets	Doan's Pills	Pabalate
Arthritis Pain Formula	Duoprin	Pabalate-SF-Tablets
Arthritis Strength Bufferin	Duoprin-S Syrup	Pepto-Bismol Tablets and Suspension
Arthropan Liquid	Duradyne Tablets	Percodan
ASA Tablets & Enseals	Durasal	Propoxyphene Compound 65
Ascriptin (all forms)	Dynosal	Persistin Tablets
Asperbuf Tablets	Ecotrin Tablets	Robaxisal Tablets
Aspergum	Efficin Tablets	S-A-C Tablets
Axotal Tablets	Easprin	St. Joseph Aspirin
Bayer Aspirin Tablets	Emagrin	St. Joseph Cold Tablets
Bayer's Children's Aspirin	Emprin Tablets	Saleto Tablets
Bayer Cold Tablets	Excedrin Tablets/caps	Salocol Tablets
Bayer Time Release Tablets	Equagesic Tablets	Sin-Off Sinus Medication
BC Tablets & Powder	4-Way Cold Tablets	SK-65 Compound Capsules
Buffaprin Tablets	Fiorinal	Stanback Tablets
Bufferin Tablets	Gaysal -S Tablets	Synalgos Capsules
Buff-A Comp Tablets	Gemnisin Tablets	Talwin Compound Tablets
Bufferin, Arthritis Strength	Goody's Headache Powder	Triaminic Tablets
Bufferin, Extra Strength	Ibuprofen Supac	Trigesic
Buffets II Tablets	Lanorinal Tablets	Trilisate Tablets
Buffinol Tablets	Magan Tablets	Uracel
Buf- Tabs	Magsal Tablets	Vanquish Caplets
Carna Arthritis Pain Reliever	Marnal Capsules	Verin
Congesperin Tablets	Maximum Strength Bayer	
Cope Tablets	Measurin Tablets	
Cosprin Tablet	Midol Caplets	
	Micranin Tablets	

The following foods contain SALICYLATES, which can affect the blood clotting factor. Heavy ingestion of these foods can result in a prolonged bleeding time. Therefore, these foods should be kept to a minimum for TWO WEEKS BEFORE AND AFTER YOUR SURGERY. This does not mean that you cannot eat these foods. It does mean that they should be consumed in moderation.

ALMONDS	NECTARINES
APRICOTS	ORANGES (grapefruit, lemons ,lime are permitted)
BERRIES (blackberry, boysenberry, raspberry, strawberry, gooseberry)	
CERRIES	PEACHES
CUCUMBER	PICKLES
CURRANTS	PLUMS
GRAPES	PRUNES
(any product made from grapes-wine	TOMATOES
wine vinegar, jellies, raisins)	Curry Powder

ASPIRIN, VITAMIN E and ANTI-INFLAMMATORY medications are the most commonly used substances that cause increased bleeding during or after a surgical operation. It is IMPERATIVE that patients follow instructions carefully and AVOID ASPIRIN, VITAMIN E AND ANTI-INFLAMMATORY medications for **TWO WEEKS BEFORE AND AFTER SURGERY**. If you take aspirin daily or multivitamins that contain Vitamin E, please discontinue their use. Do not discontinue taking any anti-inflammatory medications without discussing with your physician as withdrawal symptoms may occur.

The FOLLOWING DRUGS OR SUBSTANCES MAY CAUSE INCREASED BLEEDING DURING OR AFTER YOUR SURGICAL PROCEDURE. PLEASE NOTIFY OUR OFFICE IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICATIONS OR SUBSTANCES:

ANTIBIOTICS

Doxycycline
Flagyl
Mystecin F
Tetracycline
Sulfonamides
Streptomycin
Vibramycin

ESTROGENS

Premarin (not creams)
Birth Control Pills (all)

APPETITE DEPRESSANTS

Accutrim
Phenylpropanoamine
Phentermine
Plegine
Tenuate
Tenuate Dospan
Tepanil
Tepanil Ten Tab

STEROIDS

Prednisone
Hydrocortisone (not creams)

VITAMINS

Vitamin E
Nicobid (niacin)

ANTI-COAGULANTS

Aspirin
Coumadin
Heparin
Warfarin

ANTI-INFLAMMATORIES

Advil
Anaprox
Butazolidin
Clinoril
Feldene
Flexeril
Indocin
Ibuprofen
Lioresal
Motrin
Nalfon
Naprosyn
Nuprin
Tolectin
Tolectin DS

MISCELLANEOUS

Chlor-Trimeton
Digitalis
Fish Oil Concentrate
Inderal
Quinidine
Ru-Tuss Tablets/liquid
Tagament
Thiazide