



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
 ——— AMERICAN BOARD OF PLASTIC SURGERY ———

MEDICATIONS TO AVOID BEFORE AND AFTER SURGERY

For a two-week period prior to and after the scheduled date of your surgery, do not take any medication that contains aspirin or aspirin-related products, such as ibuprofen (Motrin, Advil) as an ingredient. These medications have an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the postoperative period.

Please check the labels of all medicines that you take, even those available without a prescription, to make sure you are not taking any of these substances. Please consult your physician before stopping any prescribed medications.

If you need minor pain medication, please take Tylenol (acetaminophen) or another non-aspirin medicine. Tylenol or Anacin-3 are available at your local pharmacy without a prescription and have a very similar pain relief to aspirin. If you are allergic to Tylenol or unable to take it for other reasons, please notify us so that we might arrange for a suitable substitute. All other medications that you are currently taking must be specifically cleared by Dr. Koplin prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your doctor and the nursing staff.

Common medications and substances that can increase a tendency to bleed

Aleve	Doan's Pills/ Regular/Extra Strength	Mobigesic Tablets Naprosyn
Alka Seltzer Products	Dolobid	Norgesic/Norgesic Forte
Advil	Dristan	Pepto-Bismol Tablets/Liquid
Alcohol Anacin	Duradyne Tablets	Percodan
Anaprox Anaproxn	Easprin	Percodan-Demi
Ansaid	Ecotrin	Persantine
APC	Empirin	Quagesic
ASA	Emprazil	Robaxial
Ascriptin Aspergum	Equagesic Tablets	Rufen
Aspercream	Excedrin	Sine Off
Aspirin	Feldene	Sine Aid
B C Powder	Fioronal	Soma Compound
B C Cold Powder Bufferin	Flurbiprophen Sodium	Soma Compound with
Buffex	Four Way Cold Tabs	Codeine
Brufen	Goody's Headache	Synalgos-DC Capsules Talwin
Cama Arthritis Pain Relief	Powers/Tablets	Compound Tablets Trandate
Cephalgesic	Ibuprofen	Trental
Children's Aspirin	Indocin	Trilisate
Clinoril	Indomethacin	Vanquish
Congesprin	Magsal Tablets	Voltaren
Cope	Meclomen	Wesprin
Coricidin	Medipren	Zactrin
Darvon	Midol-200	Zorprin
Darvon with ASA	Midol PMS Caplets	
Disalcid Tablets/Caps	Midol Caplets	

MEDICATIONS TO AVOID BEFORE AND AFTER SURGERY

Tricyclic Antidepressants Medications to Avoid

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

Herbal Medications to Avoid

AVOID ALL HERBS (TEA) and HERBAL MEDICATIONS

Journal of the American Medical Association (JAMA. 2001;286:208-216.) refer to eight commonly used products to avoid before having surgery: **Echinacea, Ephedra, Garlic, Ginkgo Biloba, Ginseng, Kava, St. John's wort, Valerian.** Also our recommendation to avoid **Flaxseed oil, Omega (Fish oil), Vitamin E Supplements, and Diet pills.**