



HEALTH THAT SHOWS. AGE THAT DOESN'T.

PRE-PROCEDURE INSTRUCTIONS MEDICATIONS & SUPPLEMENTS TO AVOID

In order to minimize scars, bruising and swelling after procedures the patient must take an active role in the **pre procedure** care and the recovery process. This can be accomplished by following the pre and post procedure instructions, keeping post procedure appointments and implementing the post treatment instructions, all which have proven effective in our office with previous patients.

Please inform us if you are taking any medications or supplements. Please inform us if you have ever had herpes/cold sores on the face, lips or mouth.

Over the counter medications which contain aspirin to be discontinued 10 days prior to procedure:

- Aleve (Bayer)
- Alka-Seltzer Effervescent Pain Reliever & Antacid (Miles Lab)
- Alka-Seltzer Plus Cold Medicine (Miles Lab)
- Anacin Analgesic Caps/Tabs (Whitehall)
- Anacin Maximum Strength Analgesic Caps/Tabs (Whitehall)
- Arthritis Bayer Time Released Aspirin (Glenbrook)
- Arthritis Pain Formula by the makers of Anacin Analgesic Tabs (Whitehall)
- Arthritis Strength Buffering (Bristol-Meyers)
- Ascriptin (Bristol-Meyers)
- Aspergum (Plough)
- Bayer Aspiring & Bayer Children's Chewable Aspiring (Glenbrook)
- Bufferin (Bristol-Meyers)
- Cams Inlay – Tabs (Dorsey)
- Congespirin (Bristol-Meyers)
- Ecotrin Tablets (Menley & James)
- Ecotrin Maximum Strength Tablets (Menley & James)
- Empirin (Burroughs Wellcome)
- En. Tab-650 Tablets (Mayrand)
- Extra Strength Bufferin Caps/Tabs (Bristol-Meyers)
- Excedrin (Bristol-Meyers)
- 4-Way Cold Tablets (Bristol-Meyers)
- Goody's BC Headache Powders (Goody's)
- Ibuprofen (**Motrin, Advil**)
- Midol (Glenbrook)
- Momentum Muscular Backache Formula (Whitehall)
- Norwich Aspiring (Procter & Gamble)
- Norwich Extra Strength Aspirin (Procter & Gamble)
- Panalagesic (Poythress)
- St. Joseph Aspirin (Plough)
- St. Joseph Cold Tablets for Children (Plough)
- Sins-Off Sinus Medicine Tablets-Aspiring (Menley & James)
- Triaminic Tablets (Dorsey)
- Vanquish (Glenbrook)

Miscellaneous medications & supplements to discontinue 10 days prior to procedure:

- Vitamin E
- St. Johns Wort
- Ginko Biloba
- Chondroitin
- Ephedra
- Echanacea
- Goldenseal
- Milk Thistle
- Ginseng
- Kava
- Garlic
- Omega 3 Fatty Acids (Fish Oil)

If you are taking any of these medications, **stop use 3 days before surgery** after clearing with prescribing physician:

- Warfarin-AKA Coumadin
- Miradon
- Heparin
- Plavix
- Enoxaprin

Do not consume any alcoholic beverages **1 day prior** to the procedure.

Please take Arnica Montana and/or Bromelain as follows:

Arnica Montana- begin day before procedure and continue for a week after procedure.

Bromelain – begin one week prior to procedure and continue for one week after procedure.

For your convenience, we sell these supplements in the office, or you can purchase these at any health food market or drug store.

Feel free to call us should you have any questions at (310) 276-4494. We look forward to seeing you soon.