

ASPIRIN AND ASPIRIN-RELATED PRODUCTS

Aspirin and aspirin-related products should not be taken either 2 ½ weeks before or after surgery because they increase the tendency of bleeding. For this reason, it is very important that contents of any “over the counter preparations” be checked carefully prior to their use. Many headache preparations, cold remedies and “hangover cures” contain ASPIRIN. The chemical name of aspirin is acetylsalicylic acid.

Examples of drugs containing salicylates are as follows:

Acetidine	Darvon Compound	Pepto-Bismol
Alka-Seltzer	Dristan	Percodan
Anacin	Ecotrin	Persantin
Anahist	Empirin Compound	Stan back powder
APC	Excedrin	St Joseph's
Aspirin	Feldene	products
BC Powder	Fiorinal	Theracin
Bromo-Quinine	4-Way Cold Tablets	Trigesic
Bromo-Selzter	Liquiprin	Zorprin
Bufferin	Midol	
Coricidin		

Examples of aspirin-related products (Ibuprofen, Indomethacin, Naproxen, Tolmetin)

Advil	Naprosyn	Indocin
Aleve	Nuprin	Motrin
Tolectin	Toradol	

You can substitute **TYLENOL** for these products, on occasion but should not be taken *daily* for 2 weeks prior.

Prescribed Medications: If you are taking prescription medications, e.g., for high blood pressure, please continue to do so even the morning of surgery, except:

1. If you are diabetic, please refrain from taking your pills or injection the morning of surgery as you will not be eating or drinking anything that morning. Please also check your blood sugar level that morning prior to coming to the hospital. If on insulin, please bring both insulin and blood sugar monitor to facility the day of surgery.
2. If you are taking prescription pain medications, e.g., for arthritis, please ask your physician if you can safely continue these medications. Some of these medications contain aspirin or aspirin-like products, which may cause you to bleed. (See list of aspirin-related products)

If you are asthmatic, please take your inhalers the morning of surgery as well as per your routine schedule. Please bring inhalers with you a.m. of surgery. Check with your pharmacist if you are not sure the medicine you are taking contains aspirin.

Diet: Do not eat or drink anything after midnight the night before surgery. On the morning of surgery, you may have a few sips of water when you take your blood pressure prescription medications. Otherwise, do not eat or drink anything that morning.

Alcohol: Abstain from any drinking 2 weeks prior and after surgery. Alcohol can cause post operative bleeding and will delay healing.

NICOTINE interferes with healing by reducing blood flow. You are advised to avoid smoking, gums and patches which contain **NICOTINE** for at least two (2) weeks prior to your procedure.

3. Put absolutely nothing in your mouth after midnight the day before surgery. **NO gum, NO hard candy, NO water, NO coffee, NO communion, etc.**
4. **NO make-up, NO nail polish, NO contacts.** If you wear glasses to read, bring them with you for reading and signing consents, etc.
5. Please leave all valuables and jewelry at home, including any that may relate to body piercing. You cannot have any metal on your body with the equipment we use.

6. The surgery center will call you with the time you should be here, the day before your surgery.
(Monday surgery~ you will be called on the Friday before)
7. Transportation and a caregiver are required for any patient having anesthesia or sedation by mouth.
8. Please fill all prescriptions **prior** to surgery, but, **DO NOT** take the medication until after your procedure as directed.

Please discontinue use of the following supplements 2 weeks prior to surgery, and for 2 weeks after surgery:

- Billberry ■ Cayenne ■ Dong quai ■ Echinacea ■ Feverfew
- Fish Oil Caps ■ Garlic ■ Ginger ■ Ginseng ■ Ginko Biloba
- Hawthorne ■ Kava Kava ■ Licorice Root ■ Ma Huang (ephedra)
- Melatonin ■ Red Clover ■ Valerian ■ St. John's Wort
- Vitamin E ■ Yohimbe ■ Multivitamins

POST OP APPOINTMENTS

Date_____ Time_____

Date_____ Time_____

Date_____ Time_____

Date_____ Time_____

Date_____ Time_____

Date_____ Time_____