

Medications to Avoid Prior to Surgery

Avoid the following medications for 2 weeks before surgery to prevent increased risk of bleeding during surgery. Unless you have health problems that prohibit its use, you can take plain acetaminophen, e.g. Tylenol, for pain relief and to treat a fever.

Aspirin and aspirin-containing products. Examples: Bayer, Excedrin, Alka Seltzer, Children's aspirin, Bufferin, Fiorinal, cold and flu medications.

Ibuprofen. Examples: Advil, Motrin, Midol IB, cold and flu medications.

Non-steroidal anti-inflammatories (NSAIDs). Examples: naprosyn /naproxen (Aleve), Celebrex, diclofenac (Arthrotec, Voltaren), Meloxicam, Mobic.

High doses of fish oil and Vitamin E

Diet / weight loss medicines

Some herbs, *when taken in high doses*, may thin the blood or have other adverse effects and should be avoided. Examples: Echinacea, Ephedra, Feverfew, Garlic, Ginger, Ginkgo Biloba, Ginseng, Kava Kava, Metabolife, St. John's Wort.

If you take a blood thinner prescribed by your primary care provider such as warfarin (Coumadin) or Plavix, *please contact the **prescribing provider** to determine when to stop these medications before surgery. Do not stop without specific instructions.*

Do not stop any other prescriptions medicines without the advice of your Orthopaedist or primary care provider.

****If you have questions regarding these or any other medications, please contact the prescribing physician, your primary care physician, or a pharmacist.****