



AMY DEROSA, D.O., F.A.C.O.S  
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## TO OUR PATIENTS:

It is very important that if you come down with a cold, fever, rash, or “any” medical problem close to your surgery date, you should notify our office immediately.

Please do not take any medicine containing aspirin for two weeks prior to the scheduled date of your surgery. Aspirin has 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 medications that you take (even through available without a prescription) to see that you do not take aspirin.

If you need minor pain medication, please take Tylenol. Tylenol is available at your pharmacy without a prescription and has an action very similar to that of aspirin. If you are allergic to Tylenol or unable to take it for some other reason, please notify us so that we may arrange for a suitable substitute.

**PLEASE NOTIFY THE PHYSICIAN IF YOU ARE TAKING ANY VITAMINS, HERBAL MEDICATIONS, OR NATURAL SUPPLEMENTS AS THESE CAN ALSO CAUSE PROBLEMS DURING YOUR SURGERY AND SHOULD NOT BE TAKEN FOR THE TWO WEEK PERIOD PRIOR TO YOUR SURGERY AND FOR THE TWO WEEK PERIOD AFTER YOUR SURGERY.**

### Section 1:

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for at least two weeks prior to surgery and two weeks after surgery. If you need to take something for relief of minor pain, you may take Tylenol and/or Tylenol products.

A.P.C. A.S.A. A.S.A. Enseals Advil Aleve Alka-Seltzer Alka Seltzer Plus Anacin Anaprox Ansaid Argesic Arthritis Pain Formula Arthritis Bufferin Arthropan liquid Ascriptin (all types/brands) Asperbuf Aspergum Aspirin (all type &	C Cama Arthritis Pain Reliever Carisoprodol Clinoril Congespirin Chewable Cope Tablets Damason P Darvon (all compounds) Disalcid Dolobid Dolprin Easprin Ecotrin Empirin with Codeine Endep Equagesic Tabs Etrafon Excedrin	Lioresal Magan Magsal Marnal Marplan Medomen Methocarbamol w/Aspirin Micrainin Midol Mobidin Mobic Mobigeslic Momentum Muscular Motrin Nalfon Naprosyn Naproxyn Nardil	Phenylbutazone Ponstel Propoxyphene Compound Robaxisal Rufen S-A-C Saleto Salocol Salocol Sine-Aid/Sine-Off/Sinutab SK-65 Compound St. Joseph’s Cold Tabs St. John’s Wort (all types) Sulindac Synalgos Tagament
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<b>brands)</b> <b>Atromid</b> <b>Axotal</b> <b>B.C. Tablets &amp; Powder</b> <b>Backache Formula</b> <b>Bayer Children's Cold</b> <b>Buf-Tabs</b> <b>Buff-A Comp</b> <b>Bufferin (all formulas)</b> <b>Buffets II</b> <b>Buffinol</b> <b>Bontril</b> <b>Butazolidin</b>	<b>Feldene</b> <b>Fiorinal</b> <b>Fish Oil</b> <b>Flagyl</b> <b>Four Way Cold Tabs</b> <b>Gemnisin</b> <b>Ginseng (all types/brands)</b> <b>Gleprin</b> <b>Goody's</b> <b>Ibuprofen</b> <b>Indocin</b> <b>Indomethacin</b> <b>Lanorinal</b>	<b>Nicobid</b> <b>Norgesic</b> <b>Norgesic Forte</b> <b>Nuprin</b> <b>Orudis</b> <b>Pabalate-SF</b> <b>Pamelor</b> <b>Parnate</b> <b>Pepto-Bismol (all types)</b> <b>Percodan</b> <b>Persantine</b> <b>Phentermine</b>	<b>Talwin Compound</b> <b>Tenuate Dospan</b> <b>Tolectin</b> <b>Tolmetin</b> <b>Toradol</b> <b>Triaminicin</b> <b>Trigesic</b> <b>Trilisate Tabs &amp; Liquid</b> <b>Uracel</b> <b>Vanquish</b> <b>Verin</b> <b>Vitamin E</b> <b>Voltaren</b> <b>Zorprin</b>
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### **SUPPLEMENTS TO DISCONTINUE DURING THE PERIOPERATIVE PERIOD AND TWO WEEK POSTOPERATIVE PERIOD:**

Currently, many patients are taking nutritional supplements in increasing amounts. Although these “natural products” may be beneficial for a variety of ailments, their use around the time of surgery may not be desirable. Therefore, it is advisable to stop taking these products to avoid problems with surgery and anesthesia. If time permits, discontinue the use of these products two weeks prior to your surgery and two weeks after your surgery.

#### **Specific nutritional supplements that should be discontinued include:**

**Bilberry (*vaccinium myrtillus*)** – contain anthocyanosides, flavonoid compounds that improve visual acuity and are important in the treatment of eye disorders. Excellent antioxidant that strengthens capillaries and collagen. Has antiplatelet activity and may inhibit clot formation.

**Cayenne (*capsicum annum*)** – used for GI tract disorder. Overdose may cause severe hypothermia

**Dong Quai (*angelica sinensis*)** – the main application is in the relief of menstrual disorders and menstrual cramps. Often used to relieve menopausal symptoms. Active constituent is coumarin derivatives, which may potentiate existing anticoagulant medications.

**Echinacea (*Echinacea august folia*)** – immune system stimulant with anti-inflammatory, antiviral and antibacterial effects. Used as a prophylaxis for upper respiratory infections. Use of Echinacea may impact the liver when general anesthetic or certain mother medications such as anabolic steroid or methotrexate are used.



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**Feverfew (*tanacetum parthenium*)** – used for migraine headache prevention and for arthritis, rheumatic disease, and allergies, May increase bleeding, especially in patient taking certain anti-clotting medications.

**Fish Oil Caps** – supplies important omega 6 fatty DHA and EPA used to reduce cholesterol and triglyceride effects. Had blood thinning properties.

**Garlic (*allium sativum*)** – garlic has vasodilatory, hypocholesterolemic effects and antiplatelet effects. May augment effects of Coumadin, Warfarin and NSAIDS causing abnormal bleeding time.

**Ginger (*zingiver officinale*)** – useful as antispasmodic, anti-inflammatory and anti-nauseant. Prophylactic for motion sickness and used to stimulate appetite. Useful for post-op emesis. Use of ginger may alter bleeding time. Ginger may interfere with cardiac and anticoagulant medications.

**Ginkgo Biloba (*ginkgo biloba*)** – one of the oldest living tree species which can live up to 1,000 years and grow to a height of 120 feet. Used as an antioxidant and circulatory stimulant. Used for treatment of intermittent claudication, tinnitus, vertigo, memory enhancement, and sexual dysfunction. Anticoagulant activity is 3x stronger than Vitamin E.

**Ginseng (*panax ginseng/panax quinquefolium*)** – at least three different varieties: Asian, American, and Siberian. Improves physician and cognitive performance, mood or metabolism. An adaptogen and an antioxidant. Anticoagulant that may interact with cardiac, hypo/hypertensive medications and hypoglycemic agents.

**Hawthorne (*crataegus laevigata*)** – the extract is used for its ability to potentiate the action of cardiac glycosides. Used in treatment of ischemic heart disease, hypertension, angina and chronic congestive heart disease. Potentiates the actions of digitalis and other cardiac glycosides.

**Kava Kava (*piper methysticum*)** – sedative, analgesic, soporific, anti-convulsant, muscle relaxant, anxiolytic. Similar to the effects of benzodiazepines in treatment of anxiety. May potentiate CNS effects of barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.

**Licorice root (*glycyrrhiza glabra*)** – used for gastric and duodenal ulcers, gastritis, cough/bronchitis. Glycyrrhizic acid in licorice may cause high blood pressure, hypokalemia, and edema.



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**Ma Huang (ephedra sinica)** – used in weight loss and energy products; a natural amphetamine with powerful stimulant effects. More than 800 adverse reactions reported with the FDA. Causes hypertension, tachycardia, cardiomyopathy, and cardiac dysrhythmias.

**Melatonin** – a hormone secreted by the pineal gland. Regulates many other hormones that are involved in controlling circadian rhythm. Used for jet lag, insomnia, and SAD (seasonal affective disorder). May potentiate CNS effects of barbiturates and general anesthetics.

**St. John's Wort (hypericum perforatum)** – herb used as mild anti-depressant, sedative or anxiolytic. May have a monoamine oxidase (MOA) inhibitory effect. Can interact with MAO inhibitors and other antidepressants. Many other drug interactions reported.

**Valerian (valeriana officinalis)** – used as a sedative, hypnotic, and anti-spasmodic in the GI tract. Relieves anxiety, nervousness and insomnia. May increase effects of sedative hypnotics.

**Vitamin E** – important fat-soluble vitamin that acts as an antioxidant and prevents oxidation of polyunsaturated fatty acids. Used in the prevention and treatment of cardiovascular disease, cancer, age-related degenerative diseases. Anti-clotting benefits can prolong bleeding time.

**Yohimbe (corynanthe yohimbe)** – “Natural Viagra” that has MAO effects. Yohimbe is the agent extracted from the bark of the yohimbe tree. The tree grows in African nations of Cameroon, Gabon, and Zaire.  
Purported to have both psychological and physical effects. Increases the potency of anesthetics.

**The following foods contain salicylates, which affect blood clotting. They do not need to be omitted completely from your diet, but should be kept to a minimum for two weeks prior and two weeks after your surgery.**

<b>ALMONDS</b> <b>APRICOTS</b> <b>BERRIES</b> <b>CHERRIES</b> <b>CUCUMBERS</b> <b>CURRENTS</b> <b>CURRY</b>	<b>GRAPES</b> <b>GRAPE JUICE</b> <b>JELLIES/PRESERVES</b> <b>NECTARINES</b> <b>ORANGES</b> <b>PEACHES</b> <b>PICKLES</b>	<b>PLUMS</b> <b>PRUNES</b> <b>RAISINS</b> <b>TOMATOES</b> <b>TOMATO PRODUCTS</b> <b>VINEGAR</b> <b>WINE</b>
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