

MEDICATIONS TO AVOID

The list below indicates medications and nutritional supplements to **avoid 10 days before and 3 days after** procedures. These are some of the many medications and nutritional supplements that promote bleeding and bruising.

If any of these medications listed below were prescribed by a physician for a medical condition DO NOT stop taking! *Please inform the office first.*

- Advil
- Aleve
- Anti-Inflammatory Medications (ex. Celebrex)
- Aspirin
- Blood Thinners (ex. Coumadin, Warfarin, Lovenox)
- Cinnamon
- Fish Oils
- Ginger
- Ginkgo Biloba
- Ginseng
- Green Tea
- Juicing/Juice cleanses
- Motrin
- Multivitamins/Vitamin pack
- Omega 3
- Red/Rose Wine/Tinted alcohol
- St. John's Wort
- Vitamin E

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