

Aspirin and aspirin-related products should not be taken within two weeks before or after surgery. These medications may increase your risk of bleeding during or after surgery. Many non-prescription medicines contain aspirin or aspirin-related ingredients. If in doubt, substitute Tylenol® (acetaminophen) as it does not increase your risk of bleeding.

**A partial list of medicine containing aspirin:**

Acetidine	Bromo-Seltzer	Empirin Compound	Pepto-Bismol
Alka-Seltzer	Bufferin	Excedrin	Persistin
Anacin	Coricidin	4-Way Cold Tablets	Sal-Sayne
Anahist	Darvon Compound	Inhiston	Stanback
APC	Dristan	Liquipiron	Theracin
Bromo-Quinine	Ecotrin	Midol	Trigesic

**A partial list of medicine containing aspirin-related compounds:**

Advil	Diclofenac	Mefanamic acid	Piroxicam
Anaprox	Dolobid	Mobic	Ponstel
Ansaid	Etodolac	Motrin	Relafen
Arthrotec	Feldene	Naprelan	Sulindac
Cataflem	Ibuprofen	Naprosyn	Tolectin
Celebrex	Indocin	Naproxen	Tolmentin
Celecoxib	Indomethacin	Nuprin	Toradol
Clinoril	Ketoprofen	Orudis	Vioxx
Daypro	Lodine	Oruvail	Voltaren

Many herbal medications may also increase your risk of bleeding or sensitivity to the sun. These should also be stopped for two weeks before and after surgery.

**A partial list of herbal medicines that may increase your risk of bleeding:**

Bilberry	Garlic	Meadow sweet flower	Valerian
Black cohosh rizome	Ginseng	Melatonin	Vanilla leaf
Bromelian	Ginkgo biloba	Poplar bark or buds	Willow bark
Cayenne	Hawthorne	St. John's wort	Wintergreen leaves
Dong quai	Horse chestnut bark	Sweet birch bark	Woodruff plant
Echinacea	Kava kava	Sweet clover plant	Yohimbe
Feverfew	Licorice root	Sweet vernal grass	
Fish oil	Ma huang	Tonka bean seeds	

**A partial list of herbal medicines that may make you sensitive to the sun:**

Agrimony	Celery	Goosefoot	Parsley
Angelica root or fruit	Cow parsnip	Khella fruit	Psoralea seeds
Bergamot peel	Dill	Lemon peel	Queen Anne's lace
Bitter orange peel	Fennel	Lomatuim root	Rue leaves
Buttercup plant	Fig Lovage root	St. John's Wort	

**Vitamin E** supplements may also increase your risk of bleeding. Please discontinue them two weeks before surgery. You may continue to take a multivitamin.

**Tobacco:**

Nicotine, in any form, can adversely affect your wound healing. **Discontinue cigarettes, cigars, pipes, chewing tobacco, nicotine gum and patches two weeks before and after surgery.** Nicotine causes the small blood vessels in your skin to contract. If Dr. Lamperti is elevating skin as part of your operation and you have nicotine in your system, you are at a significantly increased risk for necrosis (death) of that skin.

**Alcohol:**

Abstain from drinking alcoholic beverages for two weeks before surgery.

# Preoperative Instructions