



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

Medications to Avoid

If you are taking any medications on this list, they should be discontinued 2 weeks before and after your procedure and only acetaminophen products, such as Tylenol, should be taken for pain. Most importantly we would like you to avoid high dose vitamin E (anything greater than 40IU), aspirin, anti-inflammatories, herbal medications, supplements (fish oil, omega 3's). All other medications – prescriptions, over-the-counter and herbal medications or supplements– that you are currently taking must be specifically cleared by your Doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your Doctor and the nursing staff. There are some foods that are listed below. We ask that you refrain from eating excessive amounts of the foods. A small amount is appropriate.

Aspirin Medications to Avoid: *Affect blood clotting.*

| | | | |
|----------------------------------|------------------------|------------------------------|--------------------------------|
| 4-Way Cold Tabs | Butal/ASA/Caff | Headache Powders | Pabalate products |
| 5-Aminosalicylic Acid | Butalbital Compound | Halfprin products | P-A-C |
| Acetilsalicylic Acid | Cama Arthritis Pain | IBU | Pain Reliever Tabs |
| Actron | Reliever | Indomethacin products | Panasal |
| Adprin-B products | Carisoprodol Compound | Isolyl Improved | Pentasa |
| Aleve | Cataflam | Kaodene | Pepto-Bismol |
| Alka-Seltzer products | Cheracol | Lanorinal | Percodan products |
| Amigesic Argesic-SA | Choline Magnesium | Ibuprohm | Phenaphen/Codeine #3 |
| Anacin products | Trisalicylate | Lodine | Pink Bismuth |
| Anexsia w/Codeine | Choline Salicylate | Lortab ASA | Piroxicam |
| Arthra-G | Cope | Magan | Propoxyphene Compound products |
| Arthriten products | Coricidin | Magnaprin products | Robaxisal |
| Arthritis Foundation products | Cortisone Medications | Magnesium Salicylate | Rowasa |
| Arthritis Pain Formula | Damason-P | Magsal | Roxeprin |
| Arthritis Strength BC Powder | Darvon Compound-65 | Marnal | Saletto products |
| Arthropan | Darvon/ASA | Marthritic | Salflex |
| ASA | Diclofenac | Mefenamic Acid | Salicylate products |
| Asacol | Dipenturn | Meprobamate | Salsalate |
| Ascriptin products | Disalcid | Mesalamine | Salsitab |
| Aspergum | Doan's products | Methocarbarnol | Scot-Tussin Original 5-Action |
| Asprimox products | Dolobid | Micrainin | Sine-off |
| Axotal | Dristan | Mobidin | Sinutab |
| Azdone | Duragesic | Mobigesic | Sodium Salicylate |
| Azulfidine products | Easprin | Momentum | Sodol Compound |
| B-A-C | Ecotrin products | Mono-Gesic | Soma Compound |
| Backache Maximum Strength Relief | Empirin products | Motrin products | St. Joseph Aspirin |
| Bayer Products | Equagesic | Naprelan | Sulfasalazine |
| BC Powder | Etodolac | Naproxen | Supac |
| Bismatrol products | Excedrin products | Night-Time Effervescent Cold | Suprax |
| Buffered Aspirin | Fiorgen PF | Norgesic products | Synalgos-DC |
| Bufferin products | Fiorinal products | Norwich products | Talwin |
| Buffetts 11 | Flurbiprofen | Olsalazine | Triaminicin |
| Buffex | Gelpirin | Orphengesic products | Tricosal |
| | Genprin | Orudis products | Trilisate |
| | Gensan | Oxycodonc | |
| | Goody's Extra Strength | | |



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

| | | |
|-------------------|----------|----------------------|
| Tussanil DH | Vanquish | Willow Bark products |
| Tussirex products | Wesprin | Zorprin |
| Ursinus-Inlay | | |

Ibuprofen Medications to Avoid: *Affect blood clotting.*

| | | | |
|---------------------|------------------|---------------------|-------------------|
| Acular (ophthalmic) | Haltran | Nabumetone | Rhinocaps |
| Advil products | Indochron E-R | Nalfon products | Sine-Aid products |
| Anaprox products | Indocin products | Naprosyn products | Sulindac |
| Ansaid | Ketoprofen | Naprox X | Suprofen |
| Clinoril | Ketorolac | Nuprin | Tolectin products |
| Daypro | Ibuprin | Ocufen (ophthalmic) | Tolmetin |
| Dimetapp Sinus | Ibuprofen | Oruvail | Toradol |
| Dristan Sinus | Meclofenamate | Oxaprozin | Voltaren |
| Feldene | Meclomen | Ponstel | |
| Fenoprofen | Menadol | Profenal | |
| Genpril | Midol-products | Relafen | |

Avoid ALL Diet Aids – Including Over-the-Counter & Herbal

Intensify anesthesia, serious cardiovascular effects.

Tricyclic Antidepressants to Avoid: *Intensify anesthesia, cardiovascular effects.*

| | | | |
|---------------|--------------------|---------------|--------------|
| Adapin | Doxepin | Maprotiline | Tofranil |
| Amitriptyline | Elavil | Norpramin | Triavil |
| Amoxapine | Endep | Nortriptyline | Trimipramine |
| Anafranil | Etrafon products | Pamelor | Vivactil |
| Asendin | Imipramine | Pertofrane | |
| Aventyl | Janimine | Protriptyline | |
| Clomipramine | Limbitrol products | Sinequan | |
| Desipramine | Ludiomil | Surmontil | |

Other Medication to Avoid: *Affect blood clotting.*

| | | | |
|----------------------|----------------------|---------------------|----------------|
| 4-Way w/ Codeine | Dicumerol | Miradon | Stelazine |
| A.C.A. | Dipyridamole | Opasal | Sulfinpyrazone |
| A-A Compound | Doxycycline | Pan-PAC | Tenuate |
| Accutrim | Emagrin | Pentoxifylline | Tenuate Dospan |
| Actifed | Enoxaparin injection | Persantine | Thorazine |
| Anexsia | Flagyl | Phenylpropanolamine | Ticlid |
| Anisindione | Fragmin injection | Prednisone | Ticlopidine |
| Anturane | Furadantin | Protarnine | Trental |
| Arthritis Bufferin | Garlic | Pyrroxate | Ursinus |
| BC Tablets | Heparin | Ru-Tuss | Virbamycin |
| Childrens Advil | Hydrocortisone | Salatin | Vitamin E |
| Clinoril C | Isollyl | Sinex | Warfarin |
| Contac | Lovenox injection | Sofarin | |
| Coumadin | Macrochantin | Soltice | |
| Dalteparin injection | Mellaril | Sparine | |



AESTHETIC FACIAL PLASTIC SURGERY PLLC
 DR. PHILIP YOUNG, MD

Salicylate Medications, Foods & Beverages to Avoid: *Affect blood clotting.
 (High concentration of foods to be avoided, you do not need to cut out these foods completely.)*

| | | | |
|-------------------------------|---|---------------------|--------------|
| Amigesic (salsalate) | Pabalate | Almonds | Garlic |
| Disalcid (salsalate) | Pepto-Bismol (bismuth subsalicylate) | Apples | Ginger |
| Doan's (magnesium salicylate) | Salflex (salsalate) | Apricots | Grapes |
| Dolobid (diflunisal) | Salsalate | Blackberries | Pickles |
| Magsal | Salsitab (salsalate) | Boysenberries | Prunes |
| Pamprin (Maximum Pain Relief) | Trilisate (choline salicylate + magnesium salicylate) | Cherries | Raspberries |
| Mobigesic | | Chinese Black Beans | Strawberries |
| | | Cucumbers | Tomatoes |
| | | Currants | Wine |

Vitamins and Herbs to Avoid

Affect blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage. Note: Just because it is not of this list does not mean that it is safe to take while preparing for surgery.

| | | | |
|----------------|-----------------|----------------|------------------------|
| Ackee fruit | Devil's club | Goldenseal | Muwort |
| Alfalfa | Dong Quai root | Gotu Kola | Nem seed oil |
| Aloe | Echinacea | Grape seed | Onions |
| Argimomy | Ephedra | Guarana | Papaya |
| Barley | Eucalyptus | Guayusa | Periwinkle |
| Bilberry | Fenugreek seeds | Hawthorn | Selenium |
| Bitter melon | Feverfew | Horse Chestnut | St. John's Wort |
| Burdock root | Fo-ti | Juniper | Valerian/Valerian Root |
| Carrot oil | Garlic | Kava Kava | "The natural Viagra®" |
| Cayenne | Ginger | Lavender | Vitamin E |
| Chamomile | Gingko | Lemon verbena | Willow bark |
| Chromium | Gingko biloba | Licorice root | Yellow root |
| Coriander | Ginseng | Ma Huang | Yohimbe |
| Dandelion root | Gmena | Melatonin | |

If you are taking anything not on this list, please call the office at (425) 990-3223 to notify us and make sure that it is okay.