



NEW ORLEANS CENTER  
FOR AESTHETICS AND PLASTIC SURGERY

**Medications to Avoid Before Surgery, Procedure, and/or Injections**

Even one dose can affect the body's ability to clot for 7 days. Also, avoid alcohol for 2-3 days prior to your surgery or procedure since that can impair clotting and may also cause excessive bleeding and/or bruising.

**Products containing aspirin should be discontinued 10-14 days prior to surgery. Please refer to the list below for other medications.**

Alka-Seltzer®  
Aspirin  
Bayer®  
Bufferin®  
Butalbital  
Ecotrin®  
Excedrin®  
Fiorinal®  
Midol®  
Pepto-Bismol®  
Percodan®  
St. Joseph Products

**Non Steroidal Anti-inflammatory drugs (NSAIDS) have a shorter effect and should be discontinued 24-48 hours prior to procedure.**

Ibuprofen (Motrin®, Advil®, Nuprin®, Rufen®)  
Diclofenac (Voltaren®, Cataflam®)  
Etodolac (Lodine®)  
Indomethacin (Indocin®)  
Ketorlac (Toradol®)  
Meloxicam (Mobic®)  
Midol®  
Nabumeton (Relafen®)  
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Naproxen (Naprosyn®, Naprelan®, Aleve®)  
Nyquil®/Dayquil®  
Persantine®  
Pletal®  
Sulindac (Clinoril®)

**Prescription blood thinners - Ask your physician's permission to stop**

Coumadin  
Heparin  
Plavix®

**Supplements and Herbals to avoid 10-14 days prior to procedure:**

Birch bark  
Cayenne  
Chinese black tree fungus  
Cumin  
Danshen  
Ephedra/Ephedrine  
Evening Primrose Oil  
Feverfew  
Garlic  
Ginger  
Gingko Biloba  
Goldenseal  
Grapeseed Extract  
Kava  
Ma Huang  
Milk Thistle  
Onion Extract  
St. John's Wort  
Turmeric  
Vitamin E (less than 400 IU daily is ok)  
Green Tea