

Recommendations Prior to Surgery

Recommended Vitamins & Minerals

**Vitamin A Selenium
** Vitamin C Zinc
Vitamin K Copper
**B-Complex (if nausea, take at bedtime)
Healing Supplement Program

Recommended Dosing of Surgical Supplements

Vitamin A	25,000 IUS
Vitamin C	750mg
Zinc	21 mg
Selenium	210mcg
Copper	2,055mcg
Bioflavonoid	600mg

Start today!

Medications to Avoid

If you are taking any medications on this list, they should be discontinued 2 weeks prior to surgery and only acetaminophen products, such as Tylenol, should be taken for pain. All other medications – prescriptions, over-the-counter and herbal – that you are currently taking must be specifically cleared by the doctor that prescribed it.

Aspirin Medications to Avoid

Affect blood clotting.

4-Way Cold Tabs	Backache Maximum	Disalcid	Lortab ASA
5-Aminosalicylic Acid	Strength Relief	Doan's products	Magan
Acetilsalicylic Acid	Bayer Products	Dolobid	Magnaprin products
Actron	BC Powder	Dristan	Magnesium Salicylate
Adprin-B products	Bismatrol products	Duragesic	Magsal
Aleve	Buffered Aspirin	Easprin	Marnal
Alka-Seltzer products	Bufferin products	Ecotrin products	Marthritic
Amigesic Argesic-SA	Buffetts 11	Empirin products	Mefenamic Acid
Anacin products	Buffex	Equagesic	Meprobamate
Anexsia w/Codeine	Butal/ASA/Caff	Etodolac	Mesalamine
Arthra-G	Butalbital Compound	Excedrin products	Methocarbarnol
Arthriten products	Cama Arthritis Pain	Fiorgen PF	Micrainin
Arthritis Foundation products	Reliever	Fiorinal products	Mobidin
Arthritis Pain Formula	Carisoprodol Compound	Flurbiprofen	Mobigesic
Arthritis Strength BC Powder	Cataflam	Gelpirin	Momentum
Arthropan	Cheracol	Genprin	Mono-Gesic
ASA	Choline Magnesium	Gensan	Motrin products
Asacol	Trisalicylate	Goody's Extra Strength	Naprelan
Ascriptin products	Choline Salicylate	Headache Powders	Naproxen
Aspergum	Cope	Halfprin products	Night-Time Effervescent Cold
Asprimox products	Coricidin	IBU	Norgesic products
Axotal	Cortisone Medications	Indomethacin products	Norwich products
Azdone	Damason-P	Isollyl Improved	Olsalazine
Azulfidine products	Darvon Compound-65	Kaodene	Orphengesic products
B-A-C	Darvon/ASA	Lanorinal	Orudis products
	Diclofenac	Ibuprohm	Oxycodonc
	Dipenturn	Lodine	

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Pabalate products	Compound products	Sine-off	Triaminicin
P-A-C	Robaxisal	Sinutab	Tricosal
Pain Reliever Tabs	Rowasa	Sodium Salicylate	Trilisate
Panasal	Roxeprin	Sodol Compound	Tussanil DH
Pentasa	Saleto products	Soma Compound	Tussirex products
Pepto-Bismol	Salflex	St. Joseph Aspirin	Ursinus-Inlay
Percodan products	Salicylate products	Sulfasalazine	Vanquish
Phenaphen/Codeine #3	Salsalate	Supac	Wesprin
Pink Bismuth	Salsitab	Suprax	Willow Bark products
Piroxicam	Scot-Tussin Original 5-	Synalgos-DC	Zorprin
Propoxyphene	Action	Talwin	

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.

Other Medication to Avoid

Affect blood clotting.

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

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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 Gotu Kola

Alfalfa
Aloe
Argimony
Barley
Bilberry
Bitter melon
Burdock root
Carrot oil
Cayenne
Chamomile
Chromium
Coriander
Dandelion root
Devil's club
Dong Quai root
Echinacea

Ephedra
Eucalyptus
Fenugreek seeds
Feverfew
Fo-ti
Fruit
Grape seed
Guarana
Guayusa
Hawthorn
Garlic
Ginger
Gingko
Gingko biloba
Ginseng
Gmena

Goldenseal
Horse Chestnut
Juniper
Kava Kava
Lavender
Lemon verbena
Licorice root
Ma Huang
Melatonin
Muwort
Nem seed oil
Onions
Papaya
Periwinkle
Root
St. John's Wort

Valerian/Valerian
"The natural Viagra®"
Vitamin E
Willow bark
Yellow root
Yohimbe