
THINGS TO AVOID PRIOR TO SURGERY

Edina Plastic Surgery, LTD.

2 WEEKS BEFORE:

-Aspirin, Advil, Aleve, Anaprox, Excedrin, Ibuprofen, Motrin, Naproxen, Naprosyn (or anything containing these products)

-Herbal Supplements (ie. Vitamin E, Omega 3, Fish Oil, Lecithin, Niacin, Selenium, green tea)

- Some Multi-Vitamins may include herbal supplements.
- Continue to take iron or potassium supplements as prescribed.

-Any diet supplements (Phentermine, Ephedrine, shark cartilage)

-Airborne, Alka-Seltzer, Coricidin, Pepto-Bismol, Sudafed

-Coumadin, Warfarin

-SMOKING, SECOND-HAND SMOKE, NICOTINE PATCHES, NICOTINE GUM, E-CIGS (ANYTHING CONTAINING NICOTINE) - NICOTINE CAUSES POOR HEALING AND IN SOME CASES, ACTUAL SKIN LOSS

-Marijuana

-Red Wine - NO alcohol can be taken while taking narcotic pain medication after surgery!

7 DAYS BEFORE:

-ALL alcohol (including beer) -NO alcohol can be taken while taking narcotic pain medication after surgery.

1 DAY BEFORE:

-ACE Inhibitor/ARBs Medications (examples: Lisinopril, Enalapril, Cozaar, Losartan)

-Imitrex, Maxalt, and Topamax must be discontinued 24 hours PRIOR TO surgery and for ONE WEEK AFTER surgery

If you have any questions about any of the medications above or any medication that you are currently taking please contact our office for further instructions!

Thank you for your cooperation.

Edina Surgery Center, Inc.

If you have any concerns or problems, please do not hesitate to call for assistance: Edina Surgery Center: (952) 925-1369 or 1-800-965-1765

Edina Plastic Surgery Clinic: (952) 925-1765

Member of American Society of Plastic Surgeons
(ESC20 2/1/13)

After Hours: (952) 924-8125

www.edinaplasticsurgery.com