

Things to avoid prior to surgery:

4 WEEKS BEFORE:

-Herbal Supplements (Turmeric, Vitamin E, Omega 3, Fish Oil, Lecithin, Niacin, Selenium, green tea, protein bars, protein shakes)

*****If taking an iron or potassium supplements, continue to take them as directed*****

-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

3 WEEKS BEFORE:

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

2 WEEKS BEFORE:

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

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

-Coumadin, Warfarin (*****Approval must be given by Primary Care Physician to stop*****)

-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

3 DAYS BEFORE:

-Naltrexone/Revia/Depade/Vivitrol- Must wait to restart taking these medications until 2 days **AFTER STOPPING** post-op pain medications

1 DAY BEFORE:

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

DAY OF SURGERY:

-Specific blood pressure medications: Cozaar, Losartan, Lisinopril, Enalapril, Quinapril, Diuretics (i.e. hydrochlorothiazide, Lasix)

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.