Restifo Plastic Surgery
PLASTIC & RECONSTRUCTIVE SURGERY
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Medications & Supplements to Avoid

The following medications, vitamins, and herbal supplements can interfere with your surgery and/or recovery. Some may increase bleeding, bruising, or risk of blood clots. Please check all or that you take occasionally or on a regular basis. *Note this also includes the use of any diet/weight loss pills*

Please stop all two weeks prior to surgery until one week after surgery:

Estrogen medications:
- Birth control pills
- Hormone replacement

ALL nicotine products!

Anticoagulants:

Coumadin	Arixtra	Lovenox
Plavix	Xarelto	

Aspirin: ASA all forms

Bufferin	Excedrin

Anti-inflammatories:

Aleve	Ibuprofen	Midol	Celebrex
Advil	Naproxen	Motrin	Pamprin
Naprosyn	Diclofenac	Excedrin	Meloxicam

Vitamins containing > 400 units of vitamin E

Vitamin C (more than 2000mg daily)

Any herbal medications:

Aloe Vera	Gingko Biloba
Bromelain	Ginseng
Danshen	Goldenseal
Dong Quai	Kava
Echinacea	Licorice
Ephedra	Omega-3
Feverfew	Senna
Flax Seed	St. John's Wort (all types)
Fish Oils	Valerian
Garlic	
Ginger	

Diet Pills:
- Anorex
- CaroExpel
- Centramine
- Cortislim
- Ephedra
- HoodiElite
- Leptopril
- Phentermine
- Relacore
- Slim Citi Hoodia
- Xenadrine

All cold medications and decongestants