

## Medications to Avoid Before Procedures

Any injection, including Botox®, dermal fillers and local anesthetics, can cause significant bruising if you are on blood thinners. Surgery can cause additional bruising, which will slow your healing and promote swelling.

**Do NOT take any of the following for two weeks prior to your injection and/or surgery:**

- **Aspirin and aspirin-containing medications** (Tylenol is acceptable; see list of “Medications Containing Aspirin” below.)
- **Ibuprofen and other anti-inflammatory medications** (examples of NSAIDs below)
- **Herbal supplements and vitamins that thin the blood** (examples below)

**If you are on a blood thinner:** Please let Dr. Cockerham know if you are on a potent blood thinner like Coumadin (warfarin) or Plavix; a special medical clearance will be required to stop these medications three days prior to injection or surgery.

### Nonsteroidal anti-inflammatory drugs (NSAIDs) include:

Advil	Ibuprofen	Naproxin
Alleve	Mediprin	Nuprin
Bextra	Motrin	Vioxx
Celebrex		

### Herbal supplements and vitamins that thin the blood:

Airborne Red Clover Vitamin C (>40 IU)	Vitamin E (>40 IU)
Echinacea	Fish oil (especially
Omega 3 supplements)	Flax Seed
Garlic supplements	Gingko Biloba
Ginseng	

Since herbal supplements and teas are not regulated, it is best to stop all supplements for the best outcome.

## DO TAKE

**If you have pain, it is okay to take tylenol or tylenol containing cold products. Medical-grade Arnica Montana** (e.g., Anica Forte) 48 hours before and for two days after injections and/or surgery.

### Medications Containing Aspirin - Do Not Take

ALKA-SELTZER and ALKA-SELTZER PLUS COLD MEDICINE	ANACIN CAPSULES AND TABLETS
APC TABLETS, APC WITH CODEINE	ANACIN and ARTHRITIS PAIN FORMULA BY ANACIN
ARTHRITIS STRENGTH BUFFERIN	ASCODEEN-30
ASCRIPITIN MEASURIN	ASPERGUM MOMENTUM MUSCLE BACKACHE
ASPIRIN SUPPOSITORIES MONACET WITH CODEINE	BAYER APSIRIN,
TIMED-RELEASE ASPIRIN,	CHILDREN'S CHEWABLE ASPIRIN and COLD TABLETS
BC POWDERS PABIRIN BUFFERED TABLETS	BUFF-A-COMP TABLETS
BUFFADYNE PERCODAN and BUFFERIN PERCODAN DEMI TABLETS	BUTALBITAL PERSISTIN
CAMA INLAY TABLETS QUIET WORK ANALGESIC SLEEP AIDE	CETASED, IMPROVED
CHERACOL CAPSULES	CONGESPIRIN
COPE SK-65 COMPOUND	CORICIDIN – all forms for adults and children
DARVON w/ASA SYNALGOS-DC CAPSULES and DARVON-N w/ASA	DRISTAN DECONGESTANT
DURAGESIC TRIAMINICIN TABLETS	ECOTRIN TABLETS
EMPIRIN VIRO-MED TABLETS and EMPIRIN w/CODEINE	EMPRAZIL TABLETS
FLORINAL and FLORINAL w/CODEINE	4-WAY COLD TABLETS
GEMNISYN	GOODY'S HEADACHE POWDER
INDOCIN	MIDOL
NORGESIC, NORGESIC FORTE and NORWICH ASPIRIN	PANALEGESIC
ROBAXISAL	STENDIN
ST. JOSEPH ASPIRIN FOR CHILDREN	SYNALGOS CAPSULES
TOLECTOIN	VANQUISH