

BEFORE YOUR PROCEDURE

MEDICATIONS & SUPPLEMENTS TO AVOID

Stop the medications and supplements below at least 2 weeks before surgery, as they can increase bleeding and other risks. For pain, take only acetaminophen (Tylenol) unless told otherwise. Any prescription, over-the-counter, or herbal product you take that is not listed here should be cleared by Dr. Sandel before surgery. This list highlights the most common and important items and is not complete.

ASPIRIN & ASPIRIN-CONTAINING PRODUCTS

Aspirin (ASA) · Alka-Seltzer · Anacin · Bayer · Bufferin · Ecotrin · Excedrin · BC Powder · Goody's Powder · Pepto-Bismol · Percodan · Fiorinal

NSAIDS / ANTI-INFLAMMATORIES

Ibuprofen (Advil, Motrin) · Naproxen (Aleve, Naprosyn) · Diclofenac (Voltaren) · Meloxicam (Mobic) · Celecoxib (Celebrex) · Indomethacin · Ketorolac (Toradol) · Piroxicam (Feldene) · Etodolac · Nabumetone · Sulindac

PRESCRIPTION BLOOD THINNERS & ANTIPLATELETS

Do not stop a prescribed blood thinner without first talking to the prescribing physician and Dr. Sandel.

Warfarin (Coumadin) · Clopidogrel (Plavix) · Prasugrel (Effient) · Ticagrelor (Brilinta) · Cilostazol (Pletal) · Aspirin/dipyridamole (Aggrenox) · Rivaroxaban (Xarelto) · Apixaban (Eliquis) · Dabigatran (Pradaxa) · Enoxaparin (Lovenox) · Heparin · Pentoxifylline (Trental)

WEIGHT-LOSS & GLP-1 INJECTABLES

These slow stomach emptying and increase the risk of aspiration under anesthesia. Tell us if you take one — it must be held before surgery as directed by your surgeon and anesthesia provider.

Semaglutide (Ozempic, Wegovy) · Tirzepatide (Mounjaro, Zepbound) · Liraglutide (Saxenda, Victoza) · Dulaglutide (Trulicity) · Other weight-loss injectables

VITAMINS & SUPPLEMENTS

Vitamin E · High-dose Vitamin C · Fish oil / Omega-3 · Krill oil · Flaxseed oil · Evening primrose oil · CoQ10 · Bromelain · Turmeric / Curcumin · Garlic · Ginkgo biloba · Ginseng · Ginger · Green tea extract · Selenium · Melatonin

HERBAL PRODUCTS

St. John's Wort · Echinacea · Ephedra (Ma Huang) · Feverfew · Dong Quai · Kava Kava · Licorice root · Valerian · Goldenseal · Horse chestnut · Saw palmetto · Black cohosh · Milk thistle · Chamomile · Cranberry (high dose)

DIET AIDS & WEIGHT-LOSS PRODUCTS

Avoid all diet aids and weight-loss supplements, including over-the-counter and herbal products — they can intensify anesthesia and cause serious cardiovascular effects.

Also tell the office about alcohol and cannabis or CBD use (they can affect bleeding, anesthesia, and healing), and about any antidepressants (SSRIs/SNRIs) or diabetes medications, which we will review with you before surgery.