

Medications to Avoid

Some medications and herbals should not be taken before surgery, as they may interfere with anesthesia and cause bleeding and bruising. Stop all products below 10 days prior to surgery. May resume 48 hours post surgery.

Medications:

Actron, Advil, Aleve,	Buffdyne, Buffaprin,	Cold Tabs, Gelprin,	PeptoBismol, Pamprin,
Alka-Seltzer, Anacin,	Celebrex, Coricidin,	Haltran, Ibuprofen,	Percobarb, Percodan,
Analgestine, A.P.C or	Darvon, Darvon	Indocin, Indomethacin,	Relafen, Robaxisl, Sine-
A.S.A, Anaprox, Ansaid,	Compound, Daypro,	Lortab ASA tabs,	aid, Sine-off,
Ascriptin, Asperbuf,	Diclofenac, Dristan,	Medipren, Meprobamate,	SomaCompTabs,
Aspercine, Aspergum,	Duragesic, Ecotrin,	Midol, Motrin,	Sulindac, Talwin,
Aspirin, Aspirin	Equagesic Tabs, Etodalac,	Nambutone, Naprosyn,	Tolectin, Toradol,
Suppositories, Aspir-phen,	Excedrin, Feldene,	Naproxen, Norgesic,	Triaminicin, Trigesic,
Aspirin, Bayer,	Fiogesic, Fiorinal, 4 Way	Norwich Aspirin, Nuprin,	Vanquish, Zorprin.

Nutritional Supplements:

Bilberry, Cayenne, Chondroitin,	Ginkgo Biloba, Ginseng,	Omega-3 Fish Oil, St. John's Wort,
Echinacea, Ephedra, Feverfew,	Glucosamine, Green Tea, Kava Kava,	Valerian, Vitamin E, Yohimbe.
Fish oil caps, Garlic, Ginger,	Licorice Root, Ma Huang, Melatonin,	

*If you need to take something for headache, menstrual cramps or other aches and pains, you may take Tylenol (acetaminophen) as directed for the time prior to surgery. Check the labels on any medicines or supplements you plan to take in pill, capsule or liquid form. Do not take anything containing acetylsalicylic acid or salicylates.

Bowel Protocol

Constipation is a normal side effect after surgery. The combination of anesthesia and narcotic pain relievers will slow down the digestive tract. To help ease this side effect, please follow these guidelines:

To Help Avoid Constipation:

- Drink 8-10 glasses of water a day
- Take the Colace (docusate sodium 100mg) stool softener- start this a few days before surgery and continue after surgery until normal bowel movement is noted. This is a stool softener, not a laxative, so you will not have to change normal activity. Take 1 – 2 pills each morning and each evening.
- Taper off narcotic pain medication as soon as possible if tolerated. It is okay to take Tylenol (acetaminophen) or Advil (ibuprofen) to help ease pain. Remember that your prescription pain medication may have acetaminophen in it, and you must not take more than 3,000 mg of acetaminophen in a day.

If constipation does occur please follow below:

- Take Milk of Magnesia as directed. Generally 2 tablespoons every 4 hours until it takes effect.
- Drink a bottle of Magnesium Citrate, best served cold.
- You may use a laxative suppository as needed (eg dulcolax suppository)
- Use an enema as a last resort if none of the above has resolved the constipation.