



KALOS

KALOS MEDICAL SPA AT KIRBY PLASTIC SURGERY

EMILY J. KIRBY, MD | BOARD CERTIFIED PLASTIC SURGEON

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AMERICAN SOCIETY OF
PLASTIC SURGEONS

Medications and Supplements to Avoid Before Procedures

Do not take any brand of aspirin, or any aspirin-containing medication, any MAO-inhibiting, or any serotonin medications, for 14 days before & 14 days after surgery. Disclose *every* medication, supplement, essential oil, etc. with Dr. Kirby. Some medications inhibit blood clotting and cause difficulties during and after surgery. If you need an aspirin-free fever reducer and pain reliever, take Tylenol. Also, if you smoke, you must refrain for at least 6 weeks prior and 6 weeks after your surgery date. Nicotine significantly reduces your body's circulation and vascularity, meaning that your tissues won't receive all the oxygen needed for proper healing.

A

Aspirin, Advil, Actifed, Acuprin, Addaprin, Alka Seltzer, Alpha Omega (fish oil), Aluprin, Amitriptyline, Anacin, Ansaid, Anodynos, Analval, Anodynos, Ansaid, Argesic, Arthra-G, Arthralgen, Arthropan, Ascodeen, Ascriptin, Aspir-lox, Asperi-mox, Aspirbuf, Aspercin, Aspergum, Axotal, Azdone, Alfalfa, Ackee fruit, Aloe, Argimony, Altace, Accupril

B

Bayer Aspirin, BC Powder/Tablets, Bilberry, Brufen, Buffaprin, Buffasal, Bufferin, Butalbit, Buffets II, Buffex, Buffinol, Butazolidin, Benazepril

C

Coumadin, C-Advil Cama, CataFlam Tablets, Carisoprodol, Cayenne, Cephalgesic, Cheracol, Chromium, Clinoril, Congespirin, Contac, Cope, Coricidin, Chamomile, Captopril, Capoten, Cilazapril

D

Damason, Dasin, Dipryridamole, Disalcid, Diurex, Doan's, Dolcn, Dolobid, Dolphirn, Drinopehn, Dristan, Duoprin, Duradyne, Dong Quai Root

E

Vitamin E, E-aspirin, Echinacea, Ecolrin, Ecotrin, Emagrin, Empirin, Emprazil, Endodan, Epromate, Equagesic, Equazine-M, Excedrin, ExPrazi, Ephedra, Enalapril, ALL Essential Oils

F

Feldene, Fenoprofen, Feverfew, Fiogesic Tablets, Fioricet, Fiorinal, Florgen PF, Flurbiprofen, Fosinopril, Fositen

G

Garlic, Gingko, Ginbko Biloba, Ginseng, Goody's, Genaced, Genacote, Gelpirin Tablets, Genprin, Gensan, Ghemnisym, Gennin, Ginger, Goldenseal, Guarana, Gotu Kola

H

Halfprin, Haltran, Heparin, Hydroxycut, Horse Chestnut, Hawthorn

I

Ibuprofen, Ibuprin, Indocin, Indochron, Indomethacin, Infantol Pill, Isollyl, Imidapril, Inhibace

K

Ketoprofen, Kava Kava

L

Lanorinal, Licorice Root, Lodine, Lemon Verbena, Lavender, Lisinopril, Lotensin

M

Motrin, MAO inhibitors, Magan, Magnasprin, Magsal, Marnal, Marthritic, Measurin, Meclomen, MecloFenamate, Medigistic-Plus, Medipren, Meditren, Melatonin, Menadol, Meprogesic Q, Micraninin, Midol, Mobidin, Moblgesic, Momentum Back Ache Formula, Monogesic, Muwort, Ma Huang

N

Nalfon, Nardil, Nardilzine, Naprosyn, Neomycin, Neogesic, Norgesic, Norwich Extra Strength Aspirin, Nov-naproxen, Nuprin, NyQuil

O

Orphenagesic, Orudis, Oruvail

P

Pabalate-SF, Pabrin, Pacaps, Pamprin-IB, Panalgesic, Panodynes, Papaya, PediaProfen, Pedrazil, Persantin, Persisrin, Persistin, PetoBismol, Phenaphen, Phenetron Compound, Piroxicam, Polymyxin, Ponsel, Presalin, Perindopril

Q

Quagesic, Quiet World Analgesic (sleeping aid), Quinine, Quinapril

R

Relafen, Rexolate, Rhinex, Robaxin, Robaxisal, Roxiprin, Rufin, Robaxisal, Ramipril, Renitec

S

Salabuff, Salatin, Saletto, Salflex, Salicylamide, Salocol, Salsalate, Salsitab, Serzone, Sign Off Sinus, Sine Aid, Sine Off, Soma Compound, St. John's Wort, St. Josephs Aspirin, Stanback Analgesic, Sudafed, Sulindac, Supac, Synalogos, Selenium

T

Talwin Compound, Tenol-Plus, Tolectin, Tolmetin, Toradol, Tr-Pain Tablets, Trilisate, Trendar, Trental, Triaminici, Tricosal, Tri-Pain, Trigesic, Trilisate, Tusal, Trandolapril, Tanatril

U

Ultrapin, Unipro, Ursinos

V

Vitamin E, Valesin, Vanquish, Verin, Viro-Med, Vivarin, Voltaren, Valerian Root, Vasotec

W

Warafin (Coumadin), Wellbutrin, Wesprin Buffered, Willow Bark

y/ Z

Yohimbe, Zactrin, Zorprin, Zyban, Zofenopril

DIET PILLS, FAT LOSS SUPPLEMENTS AND STACKERS: You must stop taking these medications at least 2 weeks before surgery. Many of these pills contain anticoagulants and can seriously impede your body's ability to clot sufficiently, resulting in hemorrhaging. Many of them also contain ephedra and caffeine, which can affect your anesthetic medications. If you ingest essential oils, you must stop at least 2 weeks before surgery.

Remember: if you take antibiotics or if you stop oral contraceptive pills for surgery, use an alternative method of birth control.