



## Pre-Procedure Instructions

For Patients Having Surgeries, Injections or Procedures:

We strive to ensure a comfortable treatment experience and rapid recovery. In order to minimize bruising and bleeding, we have compiled a list of medications that should not be taken for one (1) week prior to your procedure. These medications (blood thinners) are often over-the-counter, so please review the list carefully, and if you need to stop any of these medications, please consult your physician before discontinuing use.

|                              |                       |                             |
|------------------------------|-----------------------|-----------------------------|
| 4-Way Cold Tablets           | Coricidin             | Micrainin                   |
| Ascriptin                    | Coumadin              | Midol                       |
| Ascriptin with Codeine       | Darvon with ASA       | Motrin                      |
| Advil                        | Darvon Compound       | Nalfon                      |
| Aleve                        | Disalcid              | Naprosyn (Naproxen)         |
| Alka-Seltzer                 | Doan's Pills          | Norgesic and Norgesic Forte |
| Anacin                       | Dolobid               | Nuprin                      |
| Anaprox                      | Dristan               | Nyquil                      |
| Arthropan Liquid             | Duragesic             | Nytol                       |
| ASA and Codeine              | Easprin               | Orudis                      |
| Asprin                       | ECOTRIN               | Oxycodone                   |
| Ascriptin                    | Empirin               | Pamprin                     |
| Aspergum                     | Emperin with Codeine  | Percodan                    |
| Bayer                        | Equagesic             | Persantine                  |
| BC Tablets and powder        | Excedrin              | Phenaphene                  |
| Bromo-Seltzer                | Feldene               | Plavix                      |
| Bufferin                     | Fenoprofen            | Propoxyphene                |
| Bufferin with Codeine #3     | Florinal Tablets      | Robaxisal                   |
| Cama Arthritis Pain Reliever | Florinal with Codeine | Synalgos – DC Capsules      |
| Clinoril                     | Ibuprofen             | Talwin                      |
| Congesprin Chewable Tablets  | Indocin               | Trilisate                   |
| Cope Tablets                 | Indomethasin          | Zorpin                      |
| Coricidin "D"                | Lodine                |                             |

In addition, for patients prone to bruising, there are several supplements that are believed to reduce post-procedure bruising and swelling: **Arnic Montana – 30C**, begin 3 days before procedure with 4 pills, 3 times per day and continue for 1 week after the procedure. **Bromezyme/Bromelain – 500MG**, begin 1 week before procedure with 1 tablet 2 times per day, take between meals with water and continue for 1 week after procedure. **Vitamin C – 1,000MG**, begin 3 days before procedure. You may already be taking Vitamin C as part of your daily vitamin regime; if so, increase the amount to 3,000mg as directed.