
MEDICATION ADVISORY SHEET - Page 1 of 2

**PLEASE READ ALL PAGES OF THIS NO LESS THEN 2 WEEKS BEFORE YOUR SURGERY
NOT DOING SO CAN NEGATIVELY IMPACT YOUR SURGERY, YOUR RECOVERY AND YOUR RESULTS**

YOU MUST STOP ANY ASPIRIN, VITAMIN E, AND GARLIC 2 WEEKS BEFORE YOUR SURGERY

All patients anticipating surgery **must stop** the use of **all sources of aspirin**. Aspirin is a very strong anticoagulant, which causes profound bleeding problems in normal individuals.

Therefore, you must stop taking aspirin and all aspirin containing products for 2 weeks prior to surgery and 2 weeks after surgery (unless otherwise advised). A list is attached with common products containing aspirin. Please read the ingredients of any over the counter medications. Please call the office with any questions about medications. Advise us if you are taking a Statin (cholesterol-lowering medication), or any anticoagulant such as Coumadin, Warfarin, Heparin, Xarelto, or Plavix.

DISCONTINUE THE FOLLOWING:

You must also **discontinue any type of garlic, 2 weeks prior to surgery**, including food supplements containing garlic. Garlic causes bleeding problems. Also discontinue 2 weeks prior to surgery the following: **Ginseng, Ginger, Ginkgo Biloba, Ephedra (Ma-Huang), Licorice, Chondroitin, Echinacea, Glucosamine, Goldenseal, Kava-Kava, St. John's Wart, Valerian, Saw Palmetto, and Fish Oil**. Also discontinue **MULTIVITAMINS, Vitamin C, and Vitamin E**. All of the above have high potential for complications surrounding your surgery. If you are taking any products containing **Ephedrine** such as: energy bars, energy drinks and any over the counter diet products please discontinue taking them. Please advise us if you are taking any food or herbal supplement.

One month prior to surgery you must discontinue **oral contraceptives/birth control pills**. Your cooperation can help us avoid any bleeding complications with your anticipated surgery.

PLEASE START THE FOLLOWING VITAMIN THERAPY

Start taking the following one month before and continue one month after surgery:

- **VITAMIN A** 10,000 1(one) EVERY DAY (*dry A without fish oil*)
- **VITAMIN B** COMPLEX 50 MILLIGRAMS 1(one) EVERY DAY
- **SELENIUM** 200 mcg 1(one) EVERY DAY

A good source for the vitamins is the "The Vitamin Shoppe".

Please start using **ARNICA MONTANA 30**. Start this the day before your surgery. It is a natural supplement to help with bruising and swelling, which can occur with any surgery. It can be found in the form of pellets to be placed under your tongue. Please start using the day before your surgery and continue taking 2 weeks after your procedure. It can be found in *Whole Foods, Deans Market, CVS, Little Silver Family Pharmacy and also the Rumson Pharmacy*. Any questions please call the office.

If you are taking a multivitamin, stop taking them, and take the above prescribed vitamins only. If you have trouble finding any of the vitamins please call us for sources.

YOU MUST ADVISE US OF **ANY BLOOD THINNER** YOU ARE TAKING (EXAMPLE: PLAVIX, COUMADIN, XARELTO, WARFARIN, ASPIRIN INCLUDING BABY ASPIRIN) AS THIS MUST BE STOPPED. PLEASE STOP ALL BLOOD THINNERS 2 WEEKS BEFORE YOUR SURGERY UNLESS YOU HAVE BEEN ADVISED BY DR. HETZLER OR YOUR CARDIOLOGIST OTHERWISE. ANY QUESTION REGARDING YOUR MEDICATIONS PLEASE CALL US.

If you must take something for headache, menstrual cramps or other aches and pains, you may take **TYLENOL** as directed for the two weeks prior to and after surgery. You may discuss this with one of the nurses.

The following are only a few of many ASPIRIN containing compounds to be avoided:

A.P.C.	Coricidin	Pampin
Advil	Darvon Compound	Panalgesic
Aleve	Dristan	Percodan
Alka Seltzer	Duragesic	Percogesic
Anacin	Ecotrin	Persistin
Anaprox	Empirin	Sine-Aid
Asocdeen-30	Equagesic	Sine-Off
Aspirin	Excedrin	SK—65 Compound Capsules
Aspirin Suppositories	Feldene	Stendin
Bayer Aspirin	Fiorinal	Stero-Darvon with A.S.A.
BC Powders	Indocin	Supac
Buff-a-Comp	Measurin	Synalogos Capsules
Buffadyne	Midol	Synalogos D.C.
Bufferin	Monacet with codeine	Tolectin
Cama-Inlay Tabs	Motrin	Triaminicin
Cherocol Capsules	Naprosyn	Vanquish
Clinoril	Norgesic	Zomax
Congespirin	Nuprin	
Cope	Pabirin Buffered tabs	

Following are some ASPIRIN containing topical medication to be avoided:

Absorbent Rub	Braska	Oil-O-Sol
Absorbine Arthritic	Counterpain Rub	Omega Oil
Absorbine Jr.	Dencorub	Panalgesic
Act-On-Rub	Doan's Rub	Rid-a-Pain
Analbalm	Emul-O-Balm	Rumarub
Analgesic balm	End-Ake	Sloan's
Antiphlogistine	Exocaine Plus	Soltice Hi-Therm
Arthralgen	Exocaine Tube	Soltice Quick Rub
Aspercreme	Heet	SPD
Banalog	Icy Hot	Stimurub
Bauodyhne	Infra-Rub	Surin
Ben Gay Ex.str.balm	Lini-Balm	Yager's Liniment
Ben Gay Gel	Mentholatum	Zemo Liquid/ or ointment
Ben Gay Greaseless/ Stainless ointment	Minit-Rub	Zemo Liquid Extra-Strength
Ben Gay Original	Musterole Deep	
	Neurabalm	

Patient Signature and Date

01/2020plm

