

Dr. K. M. Ledding\*  
Plastic & Reconstructive surgeon  
CORNWALL PROFESSIONAL BUILDING  
#506 2125 11<sup>th</sup> Avenue  
Regina, Saskatchewan  
S4P 3X3

PHONE (306) 780- 3650

FAX (306) 780 3718

## TIPS TO PREVENT BLEEDING OR BRUISING PRIOR TO INJECTIONS/PROCEDURES

Avoid known blood thinners and drugs associated with bruising and bleeding for 10 days prior to your procedure. This includes the following:

1. **ASA Family**: (Example: Aspirin/Baby Aspirin, Coated Aspirin/ASA, Anacin/Excedrin, Fiorinal, Robaxisal)
2. **Arthritis Pills**: (Example: Anaprox/Naproxen, Feldene, Ibuprofen/Motrin/Advil, Voltaren/Diclofenac, Toradol, Aleve, Indocid or other DSAIDS (non-steroidal inflammatory drops).
3. **Medical Blood Thinners**: (Example: Plavix, Coumadin, Warfarin, Eliquis, Pradaxa, Xarelto).
4. **Herbals and Vitamins**: (Example: Supplements/multivitamins, Cod-liver Oil/Fish oil capsules, Garlic Pills, Green Tea, Vitamin E, Omega-3, -6 Fatty acids)

***\*\*\*If any of these medications are prescribed it is important that you check with your doctor first to insure it is safe to stop\*\*\****