

In Order to Minimize the Risk of Bruising & Bleeding During & After Surgery

If you are on any medications that make it unsafe to perform your procedure, it would have to be cancelled, therefore avoid known blood thinners and drugs or supplements associated with bruising and bleeding for 14 days prior to your procedure.

*** If any of these medications are prescribed It is important that you check with your doctor first well ahead of time to ensure it is safe to stop***

This includes the following:

1. **ASA Family** - for example: Aspirin/Baby Aspirin, Coated Aspirin/ASA, Anacin/Excedrin, Fiorina, Robaxiasal.
2. **Arthritis Pills** - for example: Anaprox/Naproxen, Feldene, Ibuprofen/Motrin/Advil, Voltaren/Diclofenac, Toradol, Aleve & Indocid.
3. **Medical Blood Thinners** - for example: Plavix, Coumadin, Warfarin, Eliquis, Pradaxa, Xarelto.
4. **Herbals and Vitamins** - for example: Supplements/multivitamins, Cod-liver Oil/Fish oil capsules, Garlic Pills, Green Tea, Vitamin E, Omega-3, 6 Fatty acids, St.Johns Wort, Estrogen, oral contraceptives, and weight loss.
5. **Smoking & Alcohol** – Tobacco, cigarettes & nicotine consumption 2-3 months before surgery to promote better healing and reduce the risk of complications. Avoid alcohol for at least a week before and after surgery.

Come off all herbals / supplements 2 weeks pre and post.

If you have any questions, please contact our office at 306-780-3650. We'd be happy to assist you.

Your Patient Care Team!



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