

**Michael Olding, M.D**  
Chief of Plastic Surgery, George Washington University

**PLEASE DO NOT TAKE ASPIRIN or anything else on this list two (2) weeks before and five (5) days after surgery, unless your medical doctor or cardiologist has told you to take it. If so, please discuss this with Dr. Olding before scheduling your surgery.**

**DO NOT TAKE:      **Aspirin (acetylsalicylic acid) containing drugs:****

Alka-Seltzer	Coricidin	4-Way Cold Tablets
Anacin	Dristan	Midol
Arthritis Pain	Easprin	Pepto-Bismol
Ascriptin	Ecotrin	Percodan
Bayer	Excedrin	Sine-Off
Bufferin	Fiorinal	

**DO NOT TAKE:      **Aspirin-like drugs:****

Advil (ibuprofen)	Enbrel	Motrin
Aleve	Feldene	Nalfon
Anaprox	Ibuprofen	Naprosyn
Ansaid	Indocin	Nuprin (ibuprofen)
Celebrex	Lodine	Orudis
Clinoril Indocin	Mobic	Relafen
Daypro (Oxzprozin)	Voltaren	
Toradol		

**DO NOT TAKE:      **Nutritional Supplements****

Alfalfa	Garlic	St. John's wort
Bilberry	Ginger	Valerian
Cayenne	Ginkgo biloba	Valerian root
Chamomile	Ginseng	Vitamin E
Chromium	Hydroxycut	Yohimbe
Dong quai	Kava Kava	
Echinacea	Licorice Root	
Feverfew	Omega-3	
Fish Oil Caps	Ma Huang (ephedra)	
Flax Seed Oil	Papaya	

**Others (Please notify us and also contact your Primary Care Physician)**

Actifed	Heparin	Coumadin
Amitriptyline	MAO inhibitors	Well butrin
Effexor	Prozac	Zyban
Elavil	Sudafed	

**You MAY Take:      **Tylenol (acetaminophen)****

We recommend that you not take any medications listed above. If you are on a medication not listed, please call your pharmacist to ask if you can continue to take it prior to surgery. If you are planning to take any over-the-counter medications prior to surgery, please ask the pharmacist whether he can recommend one that contains **no acetylsalicylic acid** or **ibuprofen**.

