

MEDICATION PRECAUTIONS

For Facial Cosmetic Surgery & Procedures

To reduce your risk of bleeding, bruising, and swelling we ask that you DO NOT TAKE the following medications for two full weeks (14 days) prior to your surgery.

This is not a complete list. There are many other products on the market that may increase your bleeding risk. Please check with your physician, pharmacist, or our office.

If you have a medical condition that requires the use of any of these medications or prescribed medications with similar compounds and do not feel you can stop taking them for three (2) weeks, please contact the prescribing physician or our office for advice.

No prescription medications should be stopped without the advice and consent of your physician. Review all medications with Dr. Nishioka.

➤ **Acetylsalicylic Acid, Aspirin Containing Compounds and other Salicylates**

Some common products containing aspirin:

Alka Seltzer	Ecotrin
Anacin	Excedrin
Bufferin	Pepto Bismol
Fiorinal	

➤ **Non-Steroidal, Anti-inflammatory medications (NSAIDS)**

Some common anti-inflammatory products:

Advil	Motrin
Aleve	Nuprin
Ibuprofen	

➤ **Herbal Supplements – We advise stopping all herbal supplements as above**

Some common herbal supplements that may increase bleeding:

Vitamin E	Fish Oil
Dong quai	Echinacea
Ginkgo biloba	Melatonin
Many others	

You will be given SinEcch (Arnica Montana), an herbal supplement, that can reduce your swelling and bruising to speed recovery. The programmed dosage pack with easy to follow instructions are complimentary for our cosmetic surgery patients. You will begin this supplement the evening prior to surgery and take for 4 days as directed.