

Dear Patient,

There are certain medications, vitamins and herbal supplements that thin the blood and therefore, should be discontinued for a short period of time prior to surgery. Please review the list below. If you are currently taking any of these, **PLEASE STOP FIVE DAYS PRIOR TO YOUR SURGERY DATE UNLESS OTHERWISE INSTRUCTED.**

**Medications / Vitamins / Herbals to Stop before Surgery**

- **Aspirin**
- **Excedrin**
- **Anti-Inflammatories** (i.e. Ibuprofen – Motrin/Advil, Aleve, Naprosyn, Mobic, Arthrotec)
- **Coumadin**
- **Plavix**
- **Multiple Vitamin**
- **Vitamin E**
- **Vitamin K**
- **Quinine**
- **Garlic Pills**
- **Ginko Biloba**
- **Ginseng**
- **St. John's Wort**

If you have any questions about your specific medications, please contact your prescribing physician or our office.

Thank you.