



2 WEEKS BEFORE SURGERY

1. **Stop** over the counter **NSAID** and **aspirin** containing medications such as **Ibuprofen, Alleve, Advil, and Excedrin** (unless prescribed by your doctor) as they increase bleeding complications.
2. **Tylenol is OK** to take prior to or after your procedure
3. Herbal supplements such as garlic, ginko, ginger, ginseng, green tea and vitamin E are also associated with increased bleeding risk, please discontinue. It is ok to eat foods containing these ingredients
4. Tell your doctor if you have a known bleeding disorder or had complications related to bleeding during prior procedures

1 WEEK BEFORE SURGERY

1. If you take prescription blood thinners such as **Plavix, Clopidogrel, Warfarin, Coumadin, Xeralto, Eliquis, Epixiban, Pradaxa, or any other prescription blood thinner** these increase your risk of bleeding and need to be stopped under supervision of your cardiologist / primary care. **IF YOU TAKE ANY OF THESE MEDICATIONS AND DO NOT HAVE INSTRUCTIONS ON HOW TO STOP PLEASE CALL OUR OFFICE ASAP.**
2. Refrain from / limit alcohol intake 1 week prior to your procedure as this can increase complications related to bleeding and bruising