



## KALOS MEDICAL SPA | KIRBY PLASTIC SURGERY

Emily J. Kirby, MD, BOARD CERTIFIED PLASTIC SURGEON  
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### MEDICATIONS AND SUPPLEMENTS TO AVOID BEFORE PROCEDURES

Do not take any brand of aspirin, or any aspirin-containing medication, any MAO-inhibitors, or any serotonin medications, for 14 days before & 14 days after surgery. Disclose every medication, supplement, essential oil, etc. with Dr. Kirby. Some medications inhibit blood clotting and cause difficulties during and after surgery. If you need an aspirin-free fever reducer and pain reliever, take Tylenol. Also, if you smoke, you must refrain for at least 6 weeks prior and 6 weeks after your surgery date. Nicotine significantly reduces your body's circulation and vascularity, meaning that your tissues won't receive all the oxygen needed for proper healing.

***\*If you are prescribed any type of steroid prior to surgery, call our office before starting the medication. If you take steroids orally or receive an injection, your surgery may need to be rescheduled.***

#### A

Aspirin\*, Advil, Actifed, Acuprin, Addaprin, Alka Seltzer, Alpha Omega (fish oil), Aluprin, Amitriptyline, Anacin, Ansaïd, Anodynos, Analval, Anodynos, Ansaïd, Argesic, Arthra-G, Arthralgen, Arthropan, Ascocodeen, Ascriptin, Aspirin-lox, Asperi-mox, Aspirbuf, Aspercin, Aspergum, Axotal, Azdone, Alfalfa, Ackee fruit, Aloe, Argimony, Altace, Accupril; most ADD/ADHD medications, Appetite suppressants

#### B

Bayer Aspirin, BC Powder/Tablets, Bilberry, Brufen, Buffaprin, Buffasal, Bufferin, Butalbit, Buffets II, Buffex, Buffinol, Butazolidin, Benazepril

#### C

Coumadin\*, C-Advil Cama, CataFlam Tablets, Carisoprodol, Cayenne, CBD oil, Cephalgesic, Cheracol, Chromium, Clinoril, Congespirin, Contac, Cope, Coricidin, Chamomile, Captopril, Capoten, Cilazapril, CBD oil

#### D

Damason, Dasin, diet pills, Dipryridamole, Disalcid, Diurex, Doan's, Dolcn, Dolobid, Dolphirn, Drinopehn, Dristan, Duoprin, Duradyne, Dong Quai Root

#### E

Vitamin E, E-aspirin, Echinacea, Ecolrin, Ecotrin, Emagrin, Empirin, Emprazil, Endodan, Epromate, Equagesic, Equazine-M, Excedrin, ExPrazi, Ephedra, Enalapril, ALL Essential Oils

#### F

Feldene, Fenopfen, Feverfew, Fiogesic Tablets, Fioricet, Fiorinal, Fish Oil, Flaxseed, Florgen PF, Flurbiprofen, Fosinopril, Fositen

#### G

Garlic, Gingko, Ginkgo Biloba, Ginseng, Goody's, Genaced, Genacote, Gelpirin Tablets, Genprin, Gensan, Ghemisym, Gennin, Ginger, Goldenseal, Guarana, Gotu Kola, GLP-1s, Green tea

#### H

Halfprin, Haltran, Heparin\*, Hydroxycut, Horse Chestnut, Hawthorn

#### I

Ibuprofen, Ibuprin, Indocin, Indochron, Indomethacin, Infantol Pill, Isollyl, Imidapril, Inhibace

## K

Ketoprofen, Kava Kava, Ketorolac

## L

Lanorinal, Licorice Root, Lodine, Lemon Verbena, Lavender, Lisinopril, Lotensin

## M

Motrin, MAO inhibitors, Magan, Magnasprin, Magsal, Marnal, Marthritic, Measurin, Meclomen, MeclloFenamate, Medigistic-Plus, Medipren, Meditren, Melatonin, Menadol, Meprogesic Q, Micraninin, Midol, Mobidin, Moblgesic, Momentum Back Ache Formula, Monogesic, Muwort, Ma Huang

## N

Nalfon, Nardil, Nardilzine, Naprosyn, Neomycin, Neogesic, Norgesic, Norwich Extra Strength Aspirin, Nov-naproxen, Nuprin, NyQuil

## O

Orphenagesic, Orudis, Oruvail

## P

Pabalate-SF, Pabrin, Pacaps, Pamprin-IB, Panalgesic, Panodynes, Papaya, PediaProfen, Pedrazil, Persantin, Persirin, Persistin, PetoBismol, Phenaphen, Phenetron Compound, Piroxicam, Polymyxin, Ponstel, Presalin, Perindopril, Phendimetrazine, Phentermine

## Q

Quagesic, Quiet World Analgesic (sleeping aid), Quinine, Quinapril

## R

Relafen, Rexolate, Rhinex, Robaxin, Robasisal, Roxiprin, Rufin, Robaxisal, Ramipril, Renitec

## S

Salabuff, Salatin, Saleto, Salflex, Salicylamide, Salocol, Salsalate, Salsitab, Serzone, Sign Off Sinus, Sine Aid, Sine Off, Soma Compound, St. John's Wort, St. Josephs Aspirin, Stanback Analgesic, Sudafed, Sulindac, Supac, Synalogos, Selenium, Semaglutide

## T

Talwin Compound, Tenol-Plus, Tolectin, Tolmetin, Toradol, Tr-Pain Tablets, Trilisate, Trendar, Trental, Triaminici, Tricosal, Tri-Pain, Trigesic, Trilisate, Tusal, Trandolapril, Tanatril, Tirzepatide, Turmeric

## U/V

Ultraprin, Unipro, Ursinos, Vitamin E, Valesin, Vanquish, Verin, Viro-Med, Vivarin, Voltaren, Valerian Root, Vasotec

## W/X/Y/Z

Warafin (Coumadin)\*, Wesprin Buffered, Willow Bark, Yohimbe, Zactrin, Zorprin, Zyban, Zofenopril

**DIET PILLS, FAT LOSS SUPPLEMENTS:** You must stop taking these medications at least 2 weeks before surgery. Semaglutide and other GLP-1 medications must be stopped 3 weeks ahead unless you are diabetic. These medications can seriously impede your body's ability to clot sufficiently, and some can affect your anesthetic medications. If you *ingest* essential oils, you must stop at least 2 weeks before surgery.

\*stopping these medications requires approval from Dr. Kirby or your prescribing physician.

**Remember: if you take antibiotics or if you stop oral contraceptive pills for surgery, use an alternative method of birth control.**