



**Cosmetic Surgery Clinics**  
 31542 Pacific Coast Hwy.  
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 Telephone: (949) 499-4147

**MEDICATIONS TO BE AVOIDED FOUR WEEKS BEFORE  
 AND TWO WEEKS AFTER SURGERY  
 INCLUDE ALL ANTIHISTAMINES & NON STEROIDALS**

**ASPIRIN AND IBUPROFEN CONTAINING MEDICATIONS  
 (It is important to avoid these medications, because they  
 thin the blood and can cause complications.)**

- |                      |                    |                    |                          |
|----------------------|--------------------|--------------------|--------------------------|
| AC CUTANE (6 months) | CP-Z               | PAC                | SPARINE                  |
| ADVIL                | CLINORIL           | PAMELOR            | STANBACK TABS & POWDER   |
| ALEVE                | CONTACT            | PARODYNE ANALGESIC | ST. JOSPH'S BABY ASPIRIN |
| ACCUTRIM             | CORICIDIN          | PEPTO BISMOL       | SUPAC                    |
| ACTIFED              | COUMADIN           | PERCODAN           | SURMONTIL                |
| ADAPIN               | DARVON             | PERSANTINE         | SYSLANTOS                |
| ALKA SELTZER         | DIMETANE           | PERSISTIN          | TALWIN                   |
| ANACIN               | DIMETAPP           | ROBAXISAL          | TELANIL TANTAB           |
| ANSAID               | DURAGESIC          | RUFFEN             | TENUATE                  |
| ANAPROX              | ECOTRINGEN         | RU-TUSS            | TEPANIL                  |
| ARGESIC              | EMPRIN             | MOMENTUM           | THORAZINE                |
| ARTHRALGEN           | ENDEP              | MOTRIN             | TOFRANIL                 |
| ARTHRITIS PAIN       | FLAGYL             | MYSTECLIN F        | TOLMETIN                 |
| FORMULA              | DOLCIN             | NAPROSYN           | TORIDOL                  |
| ARTHROPAN            | DRISTAN            | NICOBID            | TRILAFON                 |
| ASCRIPITIN           | DURADYNE           | NUPRIN             | TENUATE OSPAN            |
| ASPERCIN             | DURADYNE-FORTE     | MINOCIN            | TETRACYCLINE             |
| ASPERGUM             | ETIARON            | SAL-PAYNE CAPSULES | TOLECTIN                 |
| ATIVAN               | EXCEDRIN           | SELDANE            | TRENDAR                  |
| AXOTAL               | FELDENE            | S-A-C TABLETS      | TRIAMINICIN              |
| BAYER                | FIORINAL           | SAIETO             | TRIGESIC                 |
| BC TAB OR POWDER     | 4-WAY COLD TABLETS | SALOCOL            | URSINUS                  |
| BUFFERIN             | GOODY'S TABLETS    | SINEUTAB           | URACEL                   |
| CAPRON CAPSULES      | IBUPROFEN          | SINEQUAN           | VANQUISH                 |
| CHLORTRIMETON        | INDOCIN            | SK-65 COMPOUND     | VIBRAMYCIN               |
| CAMA                 | MEASURIN           | SANBACK            | VIOXX                    |
| COMPAZINE            | MILAIN             | STELAXINE          | WAFARIN                  |
| CONGESPRIN           | ORAFLEX            | STENDIN            | ZOMAX                    |
| COPE                 | PABIRIN            | SINE-OFF           | ZORPRIN                  |

**HERBS:** GARLIC, GINKO BILOBA, GINGER, SAINT JOHN'S WORT, FEVERFEW

**VITAMINS:** E, FISH OIL, GARLIC TABLETS

**CHOLESTROL MEDICATIONS:** To be stopped 2 weeks before surgery

**IMPORTANT:** All medications to be used for pain relief due to menstrual cycle and arthritis are to be avoided even if they are not on the above list. (Please notify us about all vitamins you are taking.)

Please be sure to notify the office of all medications you are taking. This includes all prescription and non-prescription medications.

THE FOODS LISTED BELOW CONTAIN SALICYLATES AND ARE TO BE EATEN IN MODERATION ONLY: ALMONDS, APPLES, APRICOTS, BERRIES (BLACK, BOYSENBERRY, RASBERRY, STRAWBERRY), CHERRIES, CUCUMBERS, PICKLES, CURRANTS, GRAPES, PRUNES AND TOMATOES, CHINESE BLACK BEANS, WINE, ALCOHOL

SPECIAL INSTRUCTIONS: \_\_\_\_\_

\_\_\_\_\_  
 PATIENT SIGNATURE

\_\_\_\_\_  
 WITNESS

\_\_\_\_\_  
 DATE