

Medications to Avoid Before Procedures

Any injection, including Botox®, dermal fillers and local anesthetics, can cause significant bruising if you are on blood thinners. Surgery can cause additional bruising, which will slow your healing and promote swelling.

Do **NOT** take any of the following for **two weeks prior** to your injection and/or surgery:

- **Aspirin and aspirin-containing medications** (Tylenol is acceptable)

Nonsteroidal anti-inflammatory drugs (NSAIDs) include:

Advil	Ibuprofen	Naproxin
Aleve	Mediprin	Nuprin
Bextra	Motrin	Vioxx
Celebrex		

Herbal supplements and vitamins that thin the blood:

Airborne	Red Clover	Vitamin C (>40 IU)
Vitamin E (>40 IU)	Echinacea	Fish oil (Omega 3)
Flax Seed	Garlic supplements	Gingko Biloba
Ginseng	Turmeric	

Please let Dr. Cockerham know if you are on a potent blood thinner like Coumadin (Warfarin) or Plavix; a special medical clearance will be required to stop these medications three days prior to injection or surgery.

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