



Heather J. Roberts, M.D.

A Medical Corporation

Dermatology & Dermatologic Surgery
Cosmetic & Laser Surgery

“BLOOD THINNERS” TO AVOID BEFORE COSMETIC, LASER & SURGICAL PROCEDURES

Certain medications, over-the-counter remedies and homeopathic herbs interfere with your body’s natural clotting mechanisms. This can lead to unnecessary bruising or bleeding during and after your procedure.

It is important that you inform us of **all** medications you take, including any over-the-counter products or supplements. Check the labels of any product you take to see if it contains ASPIRIN or IBUPROFEN. Other names for aspirin are SALICYLIC ACID or SALICYLAMIDE. Because these substances interfere with the body’s normal blood clotting mechanisms for up to 2 weeks, ask your internist if you can stop these medications 2 weeks prior to your procedure.

As ACETAMINOPHEN containing products, such as TYLENOL, do not cause bleeding, they are suitable for pain relief before and after procedures.

Below are some examples of other prescription and non-prescription medications that block the body’s ability to clot normally. This is not a complete list; so if you have any questions about a medication you take, please call your pharmacist.

Aspirin	Ecotrin	Pabalate
Anacin	Excedrin	Pepto-Bismol
Advil	Feldene	Percodan
Anaprox	Fiorina	Phenylbutazone
Alka-Seltzer	Fish Oil	Plavix
Ascriptin	Flax Seed Oil	Pamprin
Aspergum	Garlic	Rufen
Bayer	Gingko Biloba	Sulindac
Bufferin	Indocin	St. John’s Wort
Coumadin/Warfarin	Motrin	Talwin
Clinoril	Midol	Uracel
Calciparin/Heparin	Medeprin	Vanquish
Doan’ Pills	Nalfon	Vitamin E
Darvon	Naproxen/Naprodyn	Zomax
Empirin	Nuprin	

If you are under instruction from a physician to take any of these types of medications, or if you have taken any within 1-2 weeks of your procedure, let our office know immediately. This will allow us to better advise you of the risk of bleeding/bruising and whether to reschedule your procedure.