



*all about aesthetics, pc*  
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**IT IS IMPERATIVE THAT YOU AVOID ALL BLOOD THINNERS FOR  
7 DAYS BEFORE AND 3 DAYS AFTER MESO/LIPOTHERAPY!!!**

**The Following are examples of Blood Thinners:**

Advil	Ginko Biloba
Alfalfa	Goody Powders
Alka Seltzer	Heparin
Alleve	Ibuprofen
Arthritis meds (except Tylenol/ acetaminophen)	Lovenox
Aspirin	
Clove Oil	Motrin
Conchena Bark	Persantine
Coumadin	Plavix (clopidogrel
bisulfate)	
Darvon	Red Wine
Dong Quai	St. John's Wort
Feverfew	Ticlid (ticlopidine
hydrochloride)	
Garlic	Vitamin E
Ginger	Vitamin K

❖ When in doubt about a medicine and its tendency to cause bleeding, call your pharmacist.