

## BLOOD THINNERS

Blood thinners taken within a week prior to surgery and three days after surgery can greatly increase risks of bleeding and bruising, as well as complications from bleeding in the eye area, such as blindness.

It is **IMPERATIVE** that you avoid all blood thinners except as indicated by your doctor.

Blood Thinners include:

Acai Berry

Advil

Alfalfa

Alka Seltzer

Aleve

Arthritis meds (except Tylenol/  
Acetaminophen)

Aspirin

Clove Oil

Conchena Bark

Coumadin

Darvon

Dong Quai

Feverfew

Garlic

Ginger

Ginko Biloba

Goody Powders

Heparin

Ibuprofen

Licorice

Lovenox

Motrin

Persantine

Plavix (clopidogrel bisulfate)

St. John's Wort

Ticlid (ticlopidine hydrochloride)

Vitamin E

Vitamin K

Red Wine

Importantly, Vitamin C (1500 mg each day) for 3 weeks and/or Arnica taken for 3 days prior to surgery, as well as for 3 days after surgery, are very beneficial for keeping bleeding and bruising (and their complications) to a minimum.

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