



*all about aesthetics, pc*  
Deborah Kessler Hudak, MD

**BLOOD THINNERS MUST BE AVOIDED PRIOR TO PROCEDURE!**

1-Blood thinners must be avoided one WEEK prior to surgery/procedure and THREE days after surgery/procedure. Blood thinners can greatly increase risks of bleeding and bruising (as well as complications from bleeding in the eye area, following eye surgery, such as blindness).

2-Take Vitamin C (1500 mg each day) for one WEEK prior and for 2 months afterwards.

3-Take Arnica for 2 days prior to procedure, day of the procedure, and for 3 days after procedure.

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

**Blood Thinners include:**

Acai Berry	Goody Powders
Advil	Heparin
Alfalfa	Ibuprofen
Alka Seltzer	Kale
Aleve	Licorice
Arthritis meds	Lovenox
Aspirin	Meloxicam
Bengay	Motrin
Clove Oil	Omega-3 (Fish Oil)—you CAN eat shellfish!
Conchena Bark	Persantine
Coumadin	Plavix (clopidogrel bisulfate)
Darvon	Red Wine
Dong Quai	Spinach
Feverfew	St. John's Wort
Garlic	Ticlid (ticlopidinehydrochloride)
Ginger	Vitamin E
Ginko Biloba	Vitamin K

Note: Tylenol (which is Acetaminophen) is not a blood thinner

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

**\*\*Please note that many ethnic foods (Chinese, Italian, Mexican, etc.), can be the cause of bleeding and bruising during and after procedures/ surgeries.**