



Natural Image Cosmetic Surgery & MedCenter
25500 Rancho Niguel Road, Suite 280
Laguna Niguel, CA 92677
Office (949) 448-0487 Fax (949) 448-8077

Precautions Regarding Medications for Surgery Patients

Please review the following list of medications, herbs, and vitamins at least 3 weeks prior to your scheduled procedure date. **It is very important that you DO NOT take any of the listed medications**, as this can greatly increase your risk of bruising and excess bleeding. **We also recommend that you do not consume any alcoholic beverages** in this time frame as well as due to an increase in the same risk discussed previously. Many common herbs, over the counter medications, and prescriptions are capable of causing complications during your surgery, extending recovery time, and can **jeopardize results**. Popular herbs such as Ginko Biloba, Kava Kava, and Garlic have been known to interact with commonly used anesthetics and cause serious complications. Many of these drugs are "hidden", especially in the preparations designed for dieting, allergies, arthritis, inflammation, headache, pain, colds/ flu, and multi-vitamin/herb preparations. If you are currently using prescription drug prescribed by a doctor other than Dr. Sikorski, check with that physician to be sure it will be in your best interest to discontinue your medication 3 weeks prior to, and one week after, your procedure. For your safety, all prescription drugs, over-the-counter medications, or health food store supplements must be reported to Dr. Sikorski or a staff member prior to procedure. Please take time to check all medications you are currently taking for any of the below listed ingredients!

Medications NOT recommended before procedure includes, but not limited to the following:

Advil	Asprin	Darvon	Inocin
Alcohol	Bufferin	Doloboid	Indomethacin
Alka Seltzer	Brufen	Dristan	Meclomen
Aleve	Cephalagesic	Easprin	Medipren
Anacin	Cheracol Capsules	Ecptrin	Midol
Anaprox	Childrens Asprin	Empirin	Motrin
Anaproxin	Clinoril	Emprazil	Multi- Vitamins
APC	Cold Medicine	Excedrin	Nalfon
Arthritis Remedies	Congesprin	Feldene	Naprosyn
5 ASA	Cope	Fiornal	Norgesic
Ascodeen	Coricidin	Heparin	Nuprin
Ascription	Coumadin	Ibuprofen	Percodan

Herbs/Vitamins NOT recommended before procedure includes, but not limited to:

Capsium (Cayenne)	Melilotus (SweetClover)	Hydrastis (golden Seal)
Garlic	Ceanthus	Mahonia (Oregon Grape)
Ginko Biloba	Chrysanthemum Parthenium (feverfew)	Common Blueberry
Ginseng (AllTypes)	Leucanthemum (Oxe-Eye Daisy)	American Mandrake
Kava Kava	Chinese Red Sage	Populus Tremuliodes (Aspen)
St. John Wort	Betula (Birch)	Salix (Willow)
Vitamin E	Niacin	Multi- Vitamins
Juice Plus	Fish Oil	

Medications that ARE allowed for headache, pain or allergy:

Claritin	Fiorcet	Sudafed	Tylenol	Vitamin C	Darvocet
Imitrex	Zyrtec	Tylenol#3	Calcium		

Please purchase Arnica Montana 500mg 12C and Bromelain 500 mg and start taking one week prior to Surgery.

Dr. Sikorski and staff take your procedure very seriously and provide you with the best possible result. Please call the office at (949) 448-0487 if you have any questions or concerns regarding medications you are currently taking.

I have read and understand the above and agree to abide by these terms.

Signature: _____ Date: _____

Witness: _____ Date: _____

I confirm that I have not taken any of the above medications or consumed any alcoholic beverages the past three weeks.

Signature: _____ Date: _____

Witness: _____ Date: _____