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**BLOOD THINNERS and BRUISING**

We advise patients to avoid blood thinners for 7 days prior and 3 days after their elective procedures, because it lowers the risk of bruises and other complications. If you have had a stroke, TIA or heart attack in the past, we would like you to get advice from your primary care physician first; we generally do not advise those patients to stop their meds.

**MEDICATIONS THAT THIN BLOOD**

Aspirin including baby aspirin

Ibuprofen (Advil, Aleve, Alka-Seltzer, Excedrin, Motrin, Nuprin)

Other NAIDS: Celebrex, diclofenac (voltaren), Indomethacin (Indocin), Naproxen, Oxaprozin, Piroxicam, Plavix, Coumadin (warfarin)

Eliquis (Apixaban), Dabigatran (Pradaxa), Edoxaban (Savaysa), Fondaparinux (Arixtra), heparin (Lovenox), Rivaroxaban (Xarelto)

***NOTE: Tylenol (acetaminophen) is not a blood thinner and is safe to take beforehand***

**SUPPLEMENTS TO ALSO AVOID\***

Multivitamin

Vitamin E

Fish oils

Omegas (some milks have added extra omegas to them, read those labels)

Ginger

Garlic

Ginkgo biloba

Green tea

Ginseng

Wine/alcohol

***\*the safest thing to do is avoid all supplements and vitamins before and after procedures***

**What helps if you are bruised?**

Bromelaine found in fresh pineapple, so eat that, not canned, or sometimes found in topicals

Arnica (pills, gel, cream)

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