REVITALIZE
PLASTIC SURGERY & MEDICAL SPA

COLUMBIA
SURGICAL CENTER

PERI-OPERATIVE SUPPLEMENT AND OTC PROTOCOLS

Medications to Stop the Day Before Surgery (24 hours) and Hold the Day of Surgery

Supplements	Other OTC
- Ascorbic Acid (Vitamin C) - Calcium (carbonate, citrate, with vitamin D) - Cholecalciferol - Cyanocobalamin (Vitamin B12) - Ferrous Sulfate (iron) - Folic Acid (Folvite) - Glucosamine - Magnesium - Methyl B Folate - Potassium Chloride - Probiotic - Pyridoxine (B-6) - Vitamin D (D3) - Vitamin K (K2) - Zinc	- Acetaminophen (Tylenol) - Azelastine (Antihistamine; Astelin, Astepro, Astepro Allergy, Dymista) - Capsaicin (pain cream) - Docusate (Colace) - Diphenhydramine (Benadryl) - Clotrimazole cream (Lotrimin) - Fiber supplements (Metamucil, Benefiber, etc.) - Hydrocortisone rectal (Anusol) - Hylands (Leg Cramp Pill) - Lomotil (diphenoxylate/atropine) - Claritin (loratadine) - Montelukast (Singulair) - Polyethylene glycol (Miralax) - Wheat Dextrin (Benefiber)

Supplements to Stop 2 Weeks (14 days) Prior to Surgery

- Multivitamins - Acetylcysteine - Apoaequorin (Prevagen) - Ashwagandha - Bilberry - Biotin - Cayenne - CoQ10 (Coenzyme Q10) - Dong Quai - Echinacea - Feverfew - Garlic - Ginger - Gingko Biloba - Ginseng	- Hawthorne - Kava Kava - Licorice Root - Lutein - MaHuang - Melatonin - Omega-3 (Fish Oil) - Prenatal vitamins - Red Clover - Resveratrol - St. Johns Wort - Tumeric (Curcumin) - Valerian - Vitamin E - Yahimba

Do not stop any medications or supplements without physician approval.

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