



APPENDIX A

List of Medications to Avoid

If you are taking any medications on this list, they should be discontinued two (2) weeks prior to surgery and only acetaminophen products, such as Tylenol, should be taken for pain. All other medications – prescriptions, over-the-counter and herbal – that you are currently taking must be specifically cleared by Dr. Rumer prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by Dr. Rumer and the nursing staff. If you are taking anything not on this list, please call your patient coordinator, [REDACTED] or our Clinical Director, [REDACTED] at [REDACTED] to notify us.

Aspirin Medications to Avoid: *Affect blood clotting.*

4-Way Cold Tabs	Buffered Aspirin	Excedrin products	Mono-Gesic
5-Aminosalicylic Acid	Bufferin products	Fiorgen PF	Motrin products
Acetilsalicylic Acid	Buffetts 11	Fiorinal products	Naprelan
Actron	Buffex	Flurbiprofen	Naproxen
Adprin-B products	Butal/ASA/Caff	Gelpirin	Night-Time Effervescent
Aleve	Butalbital Compound	Genprin	Cold
Alka-Seltzer products	Cama Arthritis Pain	Gensan	Norgesic products
Amigesic Argesic-SA	Reliever	Goody's Extra Strength	Norwich products
Anacin products	Carisoprodol Compound	Headache Powders	Olsalazine
Anexsia w/Codeine	Cataflam	Halfprin products	Orphengesic products
Arthra-G	Cheracol	IBU	Orudis products
Arthriten products	Choline Magnesium	Indomethacin products	Oxycodone
Arthritis Foundation products	Trisalicylate	Isolyl Improved	Pabalate products
Arthritis Pain Formula	Choline Salicylate	Kaodene	P-A-C
Arthritis Strength BC Powder	Cope	Lanorinal	Pain Reliever Tabs
Arthropan	Coricidin	Ibuprohm	Panasal
ASA	Cortisone Medications	Lodine	Pentasa
Asacol	Damason-P	Lortab ASA	Pepto-Bismol
Ascriptin products	Darvon Compound-65	Magan	Percodan products
Aspergum	Darvon/ASA	Magnaprin products	Phenaphen/Codeine #3
Asprimox products	Diclofenac	Magnesium Salicylate	Pink Bismuth
Axotal	Dipenturn	Magsal	Piroxicam
Azdone	Disalcid	Marnal	Propoxyphene
Azulfidine products	Doan's products	Marthritic	Compound products
B-A-C	Dolobid	Mefenamic Acid	Robaxisal
Backache Maximum Strength Relief	Dristan	Meproamate	Rowasa
Bayer Products	Duragesic	Mesalamine	Roxeprin
BC Powder	Easprin	Methocarbamol	Saleto products
Bismatrol products	Ecotrin products	Micrainin	Salflex
	Empirin products	Mobidin	Salicylate products
	Equagesic	Mobigesic	Salsalate
	Etodolac	Momentum	Salsitab



Scot-Tussin Original 5-	Soma Compound	Talwin	Ursinus-Inlay
Action	St. Joseph Aspirin	Triaminicin	Vanquish
Sine-off	Sulfasalazine	Tricosal	Wesprin
Sinutab	Supac	Trilisate	Willow Bark products
Sodium Salicylate	Suprax	Tussanil DH	Zorprin
Sodol Compound	Synalgos-DC	Tussirex products	

Ibuprofen Medications to Avoid: *Affect blood clotting.*

Acular (ophthalmic)	Haltran	Nabumetone	Rhinocaps
Advil products	Indochron E-R	Nalfon products	Sine-Aid products
Anaprox products	Indocin products	Naprosyn products	Sulindac
Ansaid	Ketoprofen	Naprox X	Suprofen
Clinoril	Ketorolac	Nuprin	Tolectin products
Daypro	Ibuprin	Ocufen (ophthalmic)	Tolmetin
Dimetapp Sinus	Ibuprofen	Oruvail	Toradol
Dristan Sinus	Meclofenamate	Oxaprozin	Voltaren
Feldene	Meclomen	Ponstel	
Fenoprofen	Menadol	Profenal	
Genpril	Midol-products	Relafen	

Avoid ALL Diet Aids – Including Over-the-Counter & Herbal: *Intensify anesthesia, serious cardiovascular effects.*

Tricyclic Antidepressants to Avoid: *Intensify anesthesia, cardiovascular effects.*

Adapin	Doxepin	Maprotiline	Tofranil
Amitriptyline	Elavil	Norpramin	Triavil
Amoxapine	Endep	Nortriptyline	Trimipramine
Anafranil	Etrafon products	Pamelor	Vivactil
Asendin	Imipramine	Pertofrane	
Aventyl	Janimine	Protriptyline	
	Limbitrol products	Sinequan	
Clomipramine	Ludiomil	Surmontil	
Desipramine			

Other Medication to Avoid: *Affect blood clotting.*

4-Way w/ Codeine	Clinoril C	Furadantin	Pentoxifylline
A.C.A.	Contac	Garlic	Persantine
A-A Compound	Coumadin	Heparin	Phenylpropanolamine
Accutrim	Dalteparin injection	Hydrocortisone	Prednisone
Actifed	Dicumerol	Isollyl	Protarnine
Anexsia	Dipyridamole	Lovenox injection	Pyrroxate
Anisindione	Doxycycline	Macrochantin	Ru-Tuss
Anturane	Emagrin	Mellaril	Salatin
Arthritis Bufferin	Enoxaparin injection	Miradon	Sinex
BC Tablets	Flagyl	Opasal	Sofarin
Childrens Advil	Fragmin injection	Pan-PAC	Soltice



Sparine	Tenuate Dospan	Trental	Vitamin E
Stelazine	Thorazine	Ursinus	Warfarin
Sulfinpyrazone	Ticlid	Virbamycin	
Tenuate	Ticlopidine		

Salicylate Medications, Foods & Beverages to Avoid: Affect blood clotting.

Amigesic (salsalate)	Pabalate	Almonds	Garlic
Disalcid (salsalate)	Pepto-Bismol (bismuth subsalicylate)	Apples	Ginger
Doan's (magnesium salicylate)	Salflex (salsalate)	Apricots	Grapes
Dolobid (diflunisal)	Salsalate	Blackberries	Pickles
Magsal	Salsitab (salsalate)	Boysenberries	Prunes
Pamprin (Maximum Pain Relief)	Trilisate (choline salicylate + magnesium salicylate)	Cherries	Raspberries
Mobigesic		Chinese Black Beans	Strawberries
		Cucumbers	Tomatoes
		Currants	Wine

Vitamins and Herbs to Avoid: *Affect blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage. Note: Just because it is not of this list does not mean that it is safe to take while preparing for surgery.*

Ackee fruit	Ginseng	Willow bark
Alfalfa	Gmena	Yellow root
Aloe	Goldenseal	Yohimbe
Argimony	Gotu Kola	
Barley	Grape seed	
Bilberry	Guarana	
Bitter melon	Guayusa	
Burdock root	Hawthorn	
Carrot oil	Horse Chestnut	
Cayenne	Juniper	
Chamomile	Kava Kava	
Chromium	Lavender	
Coriander	Lemon verbena	
Dandelion root	Licorice root	
Devil's club	Ma Huang	
Dong Quai root	Melatonin	
Echinacea	Muwort	
Ephedra	Nem seed oil	
Eucalyptus	Onions	
Fenugreek seeds	Papaya	
Feverfew	Periwinkle	
Fo-ti	Selenium	
Garlic	St. John's Wort	
Ginger	Valerian/Valerian Root	
Gingko	"The natural Viagra®"	
Gingko biloba	Vitamin E	



APPENDIX B

Arnica Protocol

The Purpose of Arnica

Arnica is a homeopathic preparation which has the ability to diminish the amount of bruising normally seen after surgery. This will decrease the length of your recovery period and promote the early return to your daily routine. Arnica Montana can be purchased at most health food stores or pharmacies.

Instructions and Dosage

Arnica Montana 30x comes as a very small white pill, which you DO NOT SWALLOW OR TOUCH WITH YOUR HANDS. Instead, the proper number of pills should be taken into the cap and then placed under your tongue without touching.

- **Before Surgery:** Begin Arnica three (3) days before surgery by taking four (4) pills under tongue four (4) times daily.
- **After Surgery:** Continue Arnica as above for seven (7) days after surgery.