



Dr. Misty Caudell (770) 535-7546

TIPS TO MINIMIZE BRUISING

Take the following supplement:

Bromelain (pineapple extract) Supplement – available at GNC, has been known to minimize bruising. **Take this as per the bottle instructions for 2 weeks prior to surgery and for 1 week after.**

DOSE = 500 mg twice a day

Decrease the following: (These Foods contain Aspirin Properties)

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| ○ Avocados | ○ Lemons | ○ Shellfish (All types) |
| ○ Apples | ○ Melons | ○ Spicy Foods |
| ○ Apricots | ○ Nectarines | ○ Strawberries |
| ○ Blackberries | ○ Oranges | ○ Sunflower Seeds |
| ○ Celery | ○ Onions | ○ Soybeans |
| ○ Cherries | ○ Peaches | ○ Sweet Potatoes |
| ○ Currants | ○ Peppers (Bell/Green) | ○ Tomatoes |
| ○ Cucumbers | ○ Plums | ○ Wheat Germ Oil |
| ○ Dewberries | ○ Potatoes | ○ Wheat Grass |
| ○ Fish (All types) | ○ Pomegranate | |
| ○ Garlic | ○ Prunes | |
| ○ Gooseberries | ○ Raisins | |
| ○ Grapefruit | ○ Raspberries | |
| ○ Grapes | ○ Root beer | |

Avoid the following: TRY TO AVOID 2 WEEKS PRE-OPERATIVELY AND 2 WEEKS POST-OPERATIVELY

Herbs & Supplements: Herbs containing aspirin properties, causing increased blood pressure*, or MAO Inhibitors**:

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| • Bilberry | • Ginger | • Melatonin |
| • Cayenne (Red Pepper) | • Ginseng* | • Red Clover |
| • Chondroitin | • Green Tea | • St. John’s Wort** |
| • Dong Quai | • Guarana | • Tumeric |
| • Echinacea | • Hawthorne | • Valerian |
| • Feverfew | • Kava Kava** | • Vitamin E |
| • Fish Oil Caps | • Licorice Root | • Yohimbe |
| • Garlic | • Ma Huang | • White Willow |
| • Ginkgo | • Meadowsweet | |

Other products that increase bleeding times:

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| • Fish oil | • Niacin |
| • Garlic supplements | • Vitamin E (Greater than 200 IU) |

Medications (DO NOT DISCONTINUE PRESCRIPTION MEDICATIONS):

- Aspirin (inform us if you take aspirin prescribed by a physician)
- Ibuprofen (Advil, Motrin)/NSAIDS in general
- Naproxen (Naprosyn, Aleve)

Inform us if you take Coumadin/warfarin, Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran etexilate), Arixtra (fondaparinux), Lovenox (enoxaparin), heparin or other blood thinners. Do not discontinue these for a procedure in our office.