

IMPORTANT INFORMATION ABOUT TUMESCENT LIPOSUCTION

It is imperative for the patient considering Tumescent Liposuction to understand the importance of NOT taking CERTAIN MEDICATIONS for at least 2 weeks prior to the scheduled surgery.

During the liposuction procedure, large volumes of dilute local anesthetic solution are infiltrated into targeted tissues. Your liver works to remove this local anesthetic as well as these other medications during your procedure. If your liver is busy metabolizing these other medications, then it is not free to metabolize the local anesthetic.

Patients can minimize the risk of anesthetic complications by NOT taking any of these medications or any over-the-counter preparations that might adversely affect the surgery. You must inform the surgeon of ANY medications being taken either regularly, or occasionally, including herbal remedies and weight loss supplements.

The following medications are possible contraindications to Tumescent Liposuction. These medications will reduce the rate of lidocaine metabolism by the liver, therefore, increase your risk of lidocaine toxicity. Please consult your prescribing physician BEFORE discontinuing any prescribed medications. For some medications, it is necessary to gradually lower the dose before completely stopping.

ANTI-DEPRESSANTS

Celexa	Paxil
Cymbalta	Prozac
Luvox	Wellbutrin
Lexapro	Zoloft
SSRI's	Sarafem

ANTIFUNGALS

Diflucan
Sporonox
Nixoral

ANTIBOTICS

Biaxin	Floxin
Cipro	Levaquin
EES	

APPETITE SUPPRESSANTS

Fastin
Dexatrim
Phentermine

ANTI-ANXIETY MEDS

Dalmane
Halcion
Xanax

ARTHRITIS MED

Enbrel

BLOOD THINNERS

Warfarin (Coumadin)

BP MEDS

Amiodarone (Cordarzone)
Cardizem (Diltiazem)
Cardene (Nicardipine)
Calan (Verapamil)
Plendal (Feladipine)
Procardia (Nicardipine)
Propranolol (Inderol)
Quisinpril

DECONGESTANTS

Actifed
Sudafed

OTC COLD MEDS

Advil Cold/Sinus
SSRI's Aleve Cold/Sinus
Alka-Seltzer Cold/Sinus
Nyquil Head/Chest
Theraflu

SLEEPING PILLS

Ambien
Lunesta
Sonata
Halcion

TCA's

Anafranil	Sinquan
Elavil	Surmontil
Endep	Totranil
Lexapro	

WEIGHT LOSS FORMULAS

Body Solutions

PLEASE NOTIFY US IF TAKING ANY OF THE FOLLOWING

ANTIBIOTICS

Biaxin Erythromycin
Cipro Floxin
Diamox Levaquin
EES Tetacycline

ANTIESTROGEN

Nolvadex (tamoxifen)

**ANTIARTHRITIC/
ANTIPSORIATIC**

Enbrel

ANTIFUNGALS

Diflucan Monistat
Flagyl Nizoral
Lamisil Sporonax

ANTIDEPRESSANTS

Anatranil Paxil
Celexa Prozac
Cymbalta Sarafem
Elavil Serzone
Endep Siquan
Lexapro Tofranil
Luvox Zoloft

APPETITE SUPPRESSANTS

Dexatrim Meridia
Fastin Synthroid

ASTHMA MEDS

Accolate
Singular
Zyflo

BENZODIAEPHINES

Xanax

BLOOD PRESSURE MEDS

Inderal (beta blocker)
Calan (Ca channel blocker)
Cardene (Ca channel blocker)
Cardizem (Ca channel blocker)
Cordarone (Ca channel blocker)
Plendil (Ca channel blocker)
Procardia (Ca channel blocker)

BLOOD THINNERS

Coumadin Pletal
Lovenox Trental
Plavix Wartarin

MISCELLANEOUS

Accutane
Cyclosporine
Herbs

NSAIDS

Advil Motrin
Aleve Naproxen Sodium

PAIN MEDS

Methadone

SEIZURE MEDS

Depakene
Depakote
Tegretol

SLEEP AIDS

Ambien
Lunesta
Sonata

STEROIDAL

ANTIINFLAMMATORY MEDS

Decadron
Methylprednisolone
Prednisone

STOMACH MEDS

Nexium
Prilosec
Tagamet
Zantac

EXAMPLES OF ASPIRIN/ASPIRIN-CONTAINING MEDICATIONS

Advil	Cope	4-way cold	Pepto-Bismal
Aleve	Coricidin	tablets	Percodan
Alka Seltzer	Corticosteroids	Goody's	Persantine
Amigesic	Coumadin	Ibuprofen	Prednisone
Anacin	Darvon	Indocin	Relafen
Anaprox	Daypro	Ketorolac	Sine Off
Anaproxin	Depakote	Lortab ASA	Sine Aid
Ansaid	Dexamethasone	Meclofen	Soma
APC	Dipyridamole	Medipren	Stanback
ASA	Doan's Pills	Midol	Tolectin
Ascriptin	Dolobid	Motrin	Toradol
Aspergum	Dristan	Narosyn	Trandate
BC Powder	Ecotrin	Naproxen	Trental
Baby Aspirin	Empirin	Norgesic	Vanquish
Bayer	Excedrin	Nuprin	Vitamin E
Bufferin	Feldene	Orudis	Voltaren
Butazolidin	Fiorinal	Pamprin	Warfarin

MEDICATIONS TO AVOID BEFORE YOUR SURGERY

Aspirin and aspirin-related products, Ibuprofen and NSAID'S (nonsteroidal antiinflammatory medicines such as Motrin, Aleve, Orudis, Advil, Naproxen, etc.) should not be taken 2 weeks BEFORE or AFTER surgery because they increase the tendency for bleeding.

It is very important that contents of any "over the counter" preparations be checked carefully prior to use to insure they do not contain aspirin. Many headache preparations and cold remedies contain aspirin. The chemical name of aspirin is acetylsalicylic acid. **YOU MAY SUBSTITUTE TYLENOL FOR THESE PRODUCTS.** Check with your pharmacist if you are not certain if the medicine you are taking contains aspirin. **REVIEW THE LIST OF ASPIRIN-CONTAINING MEDICATIONS ON THE REVERSE SIDE OF THIS SHEET.** It is not all-inclusive, so it is important that you read labels before purchasing "over the counter" medications.

Nicotine interferes with healing by reducing blood flow; smoking increases your risk of all surgical complications. You are advised to avoid smoking and the use of chewing gums and patches containing nicotine for at least 2 weeks before and 2 weeks after surgery.

Do not take decongestant medications containing pseudoephedrine (Sudafed, Actifed, etc.) for 5 days prior to surgery. These can cause the heart to beat too rapidly.

Appetite suppressant drugs such as Fastin (phentermine) and Dexatrim should not be taken for at least 2 weeks before surgery. Do not stop appetite suppressants abruptly as you may have side effects. To avoid side effects such as depression, it is better to begin decreasing the dose gradually two weeks prior to surgery. Maintain a healthy diet and stop aggressive weight loss diets for safe surgery and good healing.

If you are taking Propranolol, otherwise known as Inderal or Inderide, or any other Beta Blocker for either high blood pressure or headaches, PLEASE CONTACT US IMMEDIATELY so we can have your physician change or discontinue this medication at least one week prior to surgery.

We prefer that you not take antidepressants, such as Zoloft or tricyclics, for one week before surgery. Please consult your prescribing physician BEFORE DISCONTINUING any of your prescribed medications.

CAREFULLY REVIEW THE LIST OF PRESCRIPTIONS AND OTC MEDICATIONS ON THE NEXT PAGE and advise a surgical staff member if you are taking a listed medication. Please be sure to read the medication names, not just the headings, since many medicines are used to treat ailments other than those for which they were originally intended.

Do not take any herbs or herbal supplements.

Avoid grapefruit juice. Stop vitamin E for one week before surgery.

Avoid alcohol for at least 1 week prior to surgery it interferes with your ability to clot blood.

**If you are taking Enbrel, it will be necessary to have lab work prior to surgery.