

MEDICATION & FOOD RESTRICTIONS

To Be Ceased Two Weeks Pre and Post-Operatively

It is important you are well prepared for your surgical experience. We would like to highlight some of the things that you can do in the weeks leading up to your admission which may help with your recovery. If you have any questions, please contact our rooms on 3852 6800 and speak with Dr. Belt or our practice nurse.

MEDICATIONS

- Please do not cease any **prescribed** medications unless this has been discussed with Dr. Belt especially if you have a history of heart attacks, angina, strokes or mini strokes (transient ischaemic attacks – TIAs). Such medications include Aspirin, Warfarin, Clopidogrel (Plavix or Iscover), Pradaxa or Brilinta.
- Anti-inflammatory medications such as Nurofen, Brufen, Voltaren, Feldene and Indocid.
- Oral contraceptive pill
- Aspirin (unless discussed with Dr. Belt). If pain relief is required during this period paracetamol based medications are best.
- All herbal and “over the counter” medications including fish and krill oil, glucosamine, multivitamins, cold and flu preparations, protein powders and energy drinks.
- The only herbal treatment that is considered to be beneficial is arnica but please consult with Dr. Belt before taking this.

FOOD

- Alcohol (forty-eight hours prior to surgery)
- Green tea
- Cayenne
- Ginko
- Garlic (fresh and powder)
- Ginger
- Flaxseed
- Tomatoes
- Potatoes
- Avocado
- Eggplant
- Caffeine
- Aspartate
- MSG