

Beginnings Aesthetic & Wellness LLC

FOOD AND BEVERAGE PRECAUTIONS

AVOID THESE FOODS AND BEVERAGES PRIOR TO A PROCEDURE

For a period of 7-10 days prior to your scheduled treatment, do not eat or drink the following foods and beverages. These affect your blood's ability to clot and may increase your tendency to bleed during your procedure and during the post-operative period. Such bleeding could result in unwanted bruising.

FOODS

- Green peppers
- Red peppers
- Yellow peppers
- Orange peppers
- Onions
- Tomatoes
- Root vegetables, such as:
 - Turnip
 - Carrot
 - Parsnip
- Potatoes
- Garlic
- Ginger
- Breath mints

BEVERAGES

Alcoholic Beverages, including Beer and especially **Red Wine**

Herbal Tea

Home brewed Chinese Tea which contains any of the following ingredients:

- Panax ginseng
- Angelica sinensis, dong quai
- Astragalus membranaceus (milk vetch root, gum tragacanth, huang qi)
- Rehmannia glutinosa, soo dee
- Carthamus tinctorius (safflower, hung hua)

Essence of Chicken (cordyceps sinensis, chinese caterpillar fungus) This is an extract of mushroom

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MEDICATIONS TO AVOID PRIOR TO A PROCEDURE

(ALWAYS OBTAIN MEDICAL CLEARANCE BEFORE STOPPING ANY PRESCRIPTION MEDICATION)

For a period of up to two weeks prior to the scheduled date of your procedure, please do not take any medication that contains aspirin or aspirin-related products, including Ibuprofen (Motrin, Advil) or anti-rheumatoid, antiarthritic, circulation, or anticoagulant medication (Persantine, Coumadin, **alcohol and Vitamin E**). These affect your blood's ability to clot and may increase your tendency to bleed during your procedure and during the post-operative period. **If you need minor pain medication, please take only acetaminophen.**

Please check the labels on all medications you take, even those available without a prescription, to make sure you are not taking any aspirin or aspirin-like substances or Vitamin E. Below is a partial list of medications to avoid.

AVOID THESE NON-PRESCRIPTION MEDICATIONS CONTAINING ASPIRIN:

PLEASE CONSULT YOUR PHYSICIAN BEFORE STOPPING PRESCRIBED MEDICATION.

Alcohol	Aspirin	Cama-Inlay Tabs	4-Way Cold Tablets	St. Joseph's Children's
Alka-Seltzer (or flavored)	Aspirin, Buffered	Cheracol Capsules	Gemnisyn	St. Joseph's Cold Tabs
	Bayer	Children's Aspirin	Genprin	for Children
Alka-Seltzer Plus Cold	Bayer Children's	Congespirin	Magnaprin	Salatin
Alka-Seltzer with Aspirin	Bayer, 8 hour	Cope	Magnaprin, Arthritis Strength	Saleto
Alpha-Phed	BC Powder & Tablets	Coricidin	Maximum Bayer Aspirin	Salocol
Anacin	Buff-A-Comp	CP-2	Measurin	Sine-Off
Anacin Maximum Strength	Buffadyne	Dasin	Midol	Supac
Anodynos	Buffaprin	Drinophen	Midol for Cramps	Tenol-Plus
APAC Improved	Buffered Aspirin	Dristan	Momentum	Trigesic
Arthritis Pain Formula	Bufferin	Duradyne	Norwich Aspirin	Tri-Pain
A.S.A.	Bufferin, Arthritis Strength	Duragesis	P-A-C	Ursinus Inlay
A.S.A. Enseals	Bufferin Extra Strength	Ecotrin	Pain Reliever	Vanquish
Ascriptin	Buffets II	Ecotrin Maximum Strength	Phenetron Compound	Venin
Ascriptin A.D.	Buffex	Empirin	Presalin	Vitamin E (or
Ascriptin Extra Strength	Buffinol	Encaprin	Quiet World	antioxidants)
Aspergum	Cama Arthritis Strength	Excedrin	Rhinocaps	Wesprin Buffered

AVOID THESE PRESCRIPTION MEDICATIONS CONTAINING ASPIRIN:

PLEASE CONSULT YOUR PHYSICIAN BEFORE STOPPING PRESCRIBED MEDICATION

Anexesia-D	Celebrex	Equagesic	Marinol	Robaxial
Anexia with Codeine	Celecoxib	Equazine-M	Meprobamate with Aspirin	Sodol Compound
Aspirin with Codeine	Damason-P	5 A.S.A.	Meprogesic Q	Soma Compound with
Axotal	Darvon Compound-65	Fiorgen PF	Norgesic Forte	Codeine
Azdone	Darvon-N with ASA Compound	Fiorinal	Oxycodone with Aspirin	Synalgos-DC
B-A-C	Dihydrocodeine Compound	Fiorinal with Codeine	Percodan	Trandate
Butalbital Compound	Dolobid	Indomethacin	Percodan-Demi	Trental
Butalbital Compound	Easprin	Isolyl Improved	Phenaphen	Trilisate
with Codeine	Emprin with Codeine	Lanorinal	Propoxyphene HCL Compound	Zorprin
Carisoprodol Compound	Epromate	Lortab ASA	Rid-A-Pain with Codeine	

AVOID THESE OTHER MEDICATIONS WHICH MAY CAUSE BLEEDING:

PLEASE CONSULT YOUR PHYSICIAN BEFORE STOPPING PRESCRIBED MEDICATION.

Actron (Ketoprofen)	Butazolidin (Phenylbutazone)	Haltran (Ibuprofen)	Motrin (Ibuprofen)	Persantine (Dipyridamole)
Advil (Ibuprofen)	Clinoril (Sulindac)	Ibuprofen	Nalfon (Fenoprofen)	Piroxicam
Aleve (Naproxen)	Coumadin	Indocin (Indomethacin)	Naprosyn (Naproxen)	Ponstel (Meclofenamic)
Anaprox (Naproxen)	Cramp end tablets (Ibuprofen)	Lodine (etodolac)	Nuprin (Ibuprofen)	Relafen (Nabumetone)
Ansaid (Flurbiprofen)	Dimetapp Sinus caplets (Ibuprofen)	Meclomen (Meclofenamate)	Orudis (Ketoprofen)	Rufen (Ibuprofen)
Anturane (Sulfinpyrazone)	Feldene (Piroxicam)	Medipren (Ibuprofen)	Pamprin IB (Ibuprofen)	Tolectrin (Tolmetin)
			Pedia-profen (Ibuprofen susp)	Toradol (Ketorolac)

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Herb Precaution Sheet – avoid these at least 2-3 weeks before any surgical procedure

Many herbs can cause allergies, health problems, anesthesia problems, and operative and postoperative bleeding or excessive clotting. Please avoid these foods and spices at least 2-3 weeks prior to any surgical procedure and this would apply to lessen the chance of bruising from facial fillers

- Agrimony** (*Agrimonia eupatoria*, agrimony, cocklebur): Coagulant effect from vitamin K constituent
- Alfalfa** (*Medicago sativa*, Lucerne, purple medick): Anticoagulant effect from coumarin constituents and coagulant effect from vitamin K
- Clove** (*Syzygium aromaticum*, caryophyllus): Antiplatelet effect from eugenol constituent
- Danshen** (*Salvia miltiorrhiza*, red sage, salvia root): Anticoagulant effect from protocatechualdehyde.
- Dong Quai** (*Angelica sinensis*, Danggui, Chinese angelica): Anticoagulant and antiplatelet from coumarin constituents.
- European Mistletoe** (*Viscum album*, devil's fuge, drudenfuss, all-heal): Coagulant effect from lectin constituent.
- Fenugreek** (*Trigonella foenum-graecum*, bird's foot, Greek hay): Anticoagulant effect from coumarin constituents.
- Feverfew** (*Tanacetum parthenium*, bachelor's button, featherfew, midsummer daisy): Antiplatelet effect from the crude extracts.
- Fish Oils** (omega-3 fatty acids): Antiplatelet effect with prostacyclin synthesis, vasodilation, reduced platelets and adhesiveness, and prolonged bleeding time.
- Fucus** (*Fucus vesiculosus*, kelp, black tang, bladder wrack, cutweed): Anticoagulant effect that can increase the risk of bleeding.
- Garlic** (*Allium sativum*, nectar of the gods, stinking rose): Inhibition of platelet aggregation and can increase risk of bleeding in excessive doses.
- Ginger** (*Zingiber officinale*): Anticoagulant effect with increased risk of bleeding.
- Ginkgo** (*Ginkgo biloba*, maiden hair): Inhibits platelet aggregation and decreases blood viscosity.
- Ginseng** (*Panax ginseng*, Asian ginseng, Korean re, jintsam): Anticoagulant and antiplatelet effects.
- Goldenseal** (*Hydrastis Canadensis*, eye balm, yellow puccoon): Coagulant effect from berberine constituent.
- Horse Chestnut** (*Aesculus hippocastanum*, escine venostat): Anticoagulant effect from aesculin (coumarin) constituent
- Horseradish** (*Armoracia rusticana*, pepperrot, mountain radish): Anticoagulant effect from coumarin constituents.
- Licorice** (*Glycyrrhiza glabra*, sweet root): Antiplatelet effect from coumarin constituent.
- Meadowsweet** (*Filipendula ulmaria*, bridewort, dropwort): Anticoagulant effect from salicylate constituents.
- Northern Prickly Ash** (*Xanthoxylum americanum*, pepper wood, toothache bark): Anticoagulant effect from coumarin constituents.
- Onion** (*Allium cepa*): Antiplatelet effect from unknown constituent.
- Papain** (*Arica papaya*): Bleeding risk from unknown constituent.
- Passionflower** (*Passiflora incarnata*, apricot vine, Maypop): Anticoagulant effect from coumarin constituents.
- Pau D'Arco** (*Tabebuia ampetiginosa*, ipes, taheebo tea, lapacho): Anticoagulant effect from lapachol constituent.
- Plantain** (*Plantago major*, common plantain, greater plantain): Coagulant effect from vitamin K constituent.
- Poplar** (*Populus tacamahacca*, balm of Gilead): Antiplatelet effect from salicin constituent.
- Quassia** (*Quassia amara*, bitterwood): Anticoagulant effect from coumarin constituents.
- Red Clover** (*Trifolium praetense*, trefoil, cow clover, beebread): Anticoagulant effect from coumarin constituents.
- Roman Chamomile** (*Chamaemelum nobile*, English chamomile, whig plant, garden chamomile): Anticoagulant effect from coumarin constituents.
- Safflower** (*Carthamus tinctorium*, saffron, zaffer): Anticoagulant effect from safflower yellow constituent.
- Southern Prickly Ash** (*Zanthoxylum clava-herculis*, sea ash, yellow wood): Anticoagulant effect from coumarin constituents.
- Stinging Nettle** (*Urtica dioica*, nettle): Coagulant effect from vitamin K constituent.
- Sweet Clover** (*Melilotus officinalis*, hay flower, common melilot, sweet lucerne): Anticoagulant effect from dicumarol constituent.
- Sweet Vernal Grass** (*Anthoxanthum odoratum*, spring grass): Anticoagulant effect from coumarin constituent.
- Tonka Bean** (*Dipterocarpus odorata*, coumarouna, torquin bean): Anticoagulant effect from coumarin constituent.
- Tumericx**: (*Curcuma longa*, Indian saffron, tumeric); Antiplatelet effect from curcumin constituent.
- Vitamin E** (α -tocopherol); Inhibits platelet aggregation and adhesion and interferes with vitamin k-dependent clotting factor in large doses.
- Wild Carrot** (*Daucus carota*, Queen Anne's lace, beesnest plant): Anticoagulant effect from coumarin constituents.
- Wild Lettuce** (*Lactuca virosa*, green endive, lettuce opium): Anticoagulant effect from coumarin constituents.
- Willow Bark** (*Salix alba*, white willow, silberide): Antiplatelet effects from salicylate constituents.
- Yarrow** (*Achillea millefolium*, wound wort, thousand-leaf): Coagulant effect from achilleine constituent.