



Dear Patient,

Some medications and diet supplements interfere with the normal blood clotting system. Please stop taking the following at least 2 weeks prior and 2 weeks after surgery. Let the nurse or the doctor know if you have been taking any of these medicines:

**MOTRIN, ADVIL (IBUPROFEN)**  
**ASPIRIN**  
**VITAMIN E**  
**ST. JOHN'S WORT**  
**GINKGO BILOBA**  
**DIET SUPPLEMENTS / APPETITE SUPPRESANTS**  
**GARLIC**  
**CHONDROITIN and GLUCOSAMINE**  
*• Tylenol products are allowed to be taken if needed*

If you have any questions about other medicines, please ask the staff.

### **NICOTINE AND SURGERY COMPLICATION RISKS**

It has been shown through research and clinical studies that smoking and increased levels of nicotine in your body have a severe adverse effect on your overall body health and more specifically in the recovery process after surgery.

Elevated levels of nicotine in your system come not only from smoking cigarettes but also from second hand smoke, chewing tobacco, nicotine gum, nicotine patches, etc.

This elevated level occurs even with minimal exposure or less than one cigarette per day.

The blood supply and circulation to the skin and body organs is compromised because of the nicotine and **SEVERE PERMANENT** complications can occur after the surgery during your recovery. These problems include respiratory complications, poor healing, large areas of skin loss and severe and extensive scarring.

We request that all our surgical patients stop smoking and abstain from nicotine containing products and avoid second hand exposure at least three weeks before any surgery and for a period of three weeks after their surgery. We sincerely care for our patients and want you to have the best possible result from your surgery!!!

I acknowledge that I have read the above and fully understand the risks involved.

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Patient Signature

Date

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Witness