

Renewal Dermatology and Laser, APMC

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Blood Thinners

Please avoid the following medications and supplements 10 days prior to procedures to minimize bruising and bleeding. **If you are on a prescription blood thinner, please ask your primary care provider if it is safe for you to stop it prior to doing so.** The following is a list of common blood thinners that include but are not limited to:

Common Prescription Blood Thinners:

Aspirin

Coumadin/Warfarin

Effient (prasugrel)

Eliquis (apixaban)

Heparin

Lovenox (enoxaparin)

Plavix (clopidogrel)

Pradaxa (dabigatran)

Ticlid (ticlopidine)

Xarelto (rivaroxaban)

Common Over the Counter Blood Thinners:

NSAIDs (aspirin, ibuprofen, Motrin, Advil, naprosyn, Aleve)

Fish Oil

Green Tea

Garlic

Ginkgo

Ginseng

Melatonin

St. John's Wort

Vitamin E

Minimizing bruising and swelling:

Arnica montana can be used following a procedure to minimize bruising and swelling. Bromelain can be used in conjunction with arnica to minimize swelling.

Ask your primary care provider if it is okay to take these if you are on a prescription blood thinner.