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PRE-AND POSTOPERATIVE MEDICATIONS AND VITAMINS

There are certain medications, vitamins, and nutritional supplements which may enhance your surgical outcome by promoting wound healing, boosting immune function or increasing the resolution of bruising. The following vitamins are recommended.

- 1. Vitamin A** (25,000 International Units/day= 1 tablet a day) begin three days prior to your surgery and continue for five days after surgery. *Vitamin A has been shown to enhance wound healing and significantly improve immunologic function following surgery.*
- 2. Bromelain** (1000 mg twice a day, on empty stomach) begin three days prior to your surgery and continue for five days after surgery. *Bromelain is derived from the stem of the pineapple plant it has been shown to significantly increase the rate of resolution of hematomas (bruises). (Only if not using the ANTI-BRUIISING REGIMEN.)*
- 3. Vitamin C** (250 mg once a day) begin three days prior to your surgery and continue for five days after surgery. *Vitamin C promotes wound healing through collagen synthesis*

There are certain medications, vitamins and dietary supplements which should be discontinued prior to your surgery. These medications or supplements may impede wound healing or cause excessive bleeding during and/or after surgery. The following is a short list of medications/supplements which must be discontinued prior to surgery:

- 1. Aspirin-** and aspirin containing medications (e.g. anacin, Excedrin, bufferin, cold medications) must be discontinued two weeks prior to your surgery. It should not be started until two weeks following surgery. *Aspirin inhibits platelet aggregation resulting in excessive bleeding.*
- 2. Garlic, Ginger, Gingko Biloba, Selenium, Fish Oil, Omega 3's** – discontinue these supplements one week prior to surgery. They may be re-started one week after surgery. *These supplements inhibit platelet aggregation, resulting in excessive bleeding.*
- 3. Vitamin E** – discontinue two weeks prior to surgery. *Vitamin E impairs wound healing and collagen synthesis. It also inhibits platelet adhesion, with the potential for excessive bleeding.*

If you have any questions about any medications you are taking, please ask Dr. Hiranaka his recommendations.