

Medications To Avoid/Cold Sore Prevention

If you have a propensity for cold sores...

And you are receiving dermal filler injections (Juvéderm™ or Restylane®) or intradermal cosmetic procedures (permanent makeup) it is advisable that you administer for 5-7 days prior to your procedure or injection a prophylactic such as Valtrex to prevent an outbreak. You may phone your family doctor or dentist to obtain a prescription.

Medications to Avoid

Aspirin & Aspirin-related products should not be taken 3 days before injections to prevent bleeding. However, if you are having intradermal cosmetic procedures (permanent makeup), these should be avoided 7-10 days prior to procedure. You may substitute TYLENOL (acetaminophen) for these products if you require pain medication. Check with your pharmacist if you are uncertain whether a medicine contains aspirin.

It is very important that contents of any “over the counter” preparations be checked carefully prior to use. Many headache preparations, cold remedies, and “hangover cures” contain aspirin. **The chemical name of aspirin as acetylsalicylic acid.**

Examples of drugs containing salicylates (aspirin) are as follows:

Acetidine	Coricidin	Liquiprin
Alka-Seltzer	Coumadin	Midol
Anacin	Darvon Compound	Pepto-Bismol
Anahist	Dristan	Persistin
APC	Ecotrin	Plavix
Aspirin	Empirin Compound	Sal-Sayne
BC	Excedrin	Stanback
Bromo-Quinine Bromo-Seltzer	4-Way Cold Tablets	Inhiston
Bufferin		Theracin
		Trigesic

Examples of aspirin-related products are as follows:

Advil	Ibuprofen	Orudis
Anaprox	Indocin	Oruvail
Ansaid	Indomethacin	Piroxicam
Arthrotect	Ketoprofen	Ponstel
Cataflem	Ketorolac	Relafen
Celebrex	Lodine	Sulindac
Celecoxib	Mefenamic Acid	Tolectin
Clinoril	Mobic	Tolmetin
Daypro	Motrin	Toradol
Diclofenac	Naprelan	Vioxx
Dolobid	Naproxyn	Voltaren
Etodolac	Naproxen	
Feldene	Nuprin	

Herbal Medications & Nutritional Supplements

Some herbal medications and nutritional supplements may also increase bleeding or photosensitivity (i.e., sun sensitivity.) Please discontinue all herbal medications and nutritional supplements 3 days prior to injections, 7 days prior to intradermal pigmentation.

Also, some of the following plant foods such as celery, dill, fennel, may be used in moderation in your diet.

Some herbal medications that may make you bleed:

Bilberry	Hawthorne	Sweet vernal grass leaves
Black cohosh rhizome	Horse chestnut bark	Sweet-scented bedstraw plant
Bromelain	Kava kava	Tonka bean seeds
Dong quai	Ma huang (ephedra)	Vanilla leaf leaves
Echinacea	Meadowsweet flower	Willow bark
Feverfew	Melatonin	Wintergreen leaves
Fish oil caps	Poplar bark or buds	Woodruff plant
Garlic	St. John's wort	Yohimbe
Ginseng	Sweet birch bark	
Ginkgo biloba	Sweet clover plant	

Vitamins

If you are taking a routine multi-vitamin, you may continue doing so. However, if you are taking any vitamin E pills, please stop 3 days before injection and 7 days before intradermal cosmetic procedure.