



AGE MANAGEMENT INSTITUTE

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Please discontinue the following medications, foods and supplements 2-3 days prior to your cosmetic injections to help minimize bruising and bleeding. If you have any questions or concerns, please ring Connie on 403 609 2196.

ALCOHOL

- Red wine

ARTHRITIS PILLS

- Anaprox/Naproxen
- Feldene
- Ibuprofen/Motrin/Advil
- Toradol
- Alleve (USA)
- Indocid

ASA FAMILY

- Aspirin/Baby Aspirin
- Coated Aspirin/ASA
- Anacin/Excedrin
- Robaxisal
- Midol

FOODS

- Ginger
- Green Tea
- Salmon
- Sushi
- Sunflower Seeds
- Tuna

HERBAL AND VITAMIN SUPPLEMENTS/MULTIVITAMINS

- Cod liver oil/Fish Capsules
- Garlic Pills
- Green Tea
- Omega 3, Omega 6, Fatty Acids
- Vitamin E

MEDICAL BLOOD THINNERS

- Please discuss with Dr. Elizabeth Lourens prior to procedure. It may not be safe to discontinue for medical reasons.