



# CommunityENT

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## Discontinuing Blood Thinners/Anticoagulants Prior to Surgery

Before you proceed with surgery you should be aware that there are several medications that you need to discontinue before surgery. These medications are known to increase your bleeding risk during surgery. If you are on any blood thinners, you will need to consult with the surgeon and the prescribing physician on how to discontinue those medications before surgery.

Below are the most common blood thinners patients are taking:

Medication	What does it do?	When do I stop it before surgery?
Aspirin (Bayer, Excedrin)	Thins the blood, causing an increase in bleeding during and after procedure	10 days prior to surgery
NSAIDS (Advil, Aleve, Ibuprofen, Naproxen etc)	Inhibits the body's ability to clot and can cause bleeding	7-10 days prior to surgery
Coumadin	Blocks vitamin K clotting factors. Inhibits the body's ability to clot and can cause bleeding	5 days prior to surgery
Xarelto (Rivaroxaban)	Blocks part of the clotting cascade. Inhibits the body's ability to clot and can cause bleeding	2 days before surgery
Pradaxa (Dabigatran)		2 days before surgery
Savaysa (Edoxaban)		2 days before surgery
Eliquis (Apixaban)		2 days before surgery
Brilinta (Ticagrelor)	Reduces platelets grouping together & can cause bleeding	2 days before surgery

There are many herbs and supplements that have anticoagulation effects. If possible discontinue all over the counter medications. If you have any questions about any supplements prior to surgery, please call the office.

The most common ones we see are listed below:

- Alka-Seltzer
- Cranberry
- Tumeric
- Gingko Biloba
- Ginseng
- Grapefruit
- Fish Oil
- Flaxseed
- Garlic

We usually recommend you restart your blood thinners 48-72 hours after surgery. *Please make sure you discuss when to stop and when to restart your medication prior to surgery with your cardiologist or whoever prescribed the blood thinners.*

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