



THUNDER BASIN ORTHOPAEDICS
AND SPORTS MEDICINE

You are scheduled for an orthopaedic surgery. Here are important medications you need to notify Thunder Basin Orthopaedics you are taking, as these medications significantly impact your recovery.

“Anticoagulants” or blood thinners

- Stop 14 days before surgery
 - Aspirin
 - NSAIDS (e.g. Diclofenac, Ibuprofen, Celecoxib, Meloxicam, Naproxen, Indomethacin, Ketorolac, Etodolac, Sulinac)
 - Platelet inhibitors (Clopidogrel/**Plavix**, prasugrel), ticagrelor, ticlopidine)
 - Warfarin (Coumadin) Usually stop 5 days before surgery
 - Generally these are resumed 7 DAYS after surgery.
- Stop 48 hours before surgery
 - Direct oral anticoagulants (dabigatran, rivaroxaban/**Xarelto**, apixaban, edoxaban)
- Stop 24hrs before surgery
 - Lovenox
- Stop 2 weeks before surgery
 - Herbals, supplements (garlic, ginko, ginseng, **fish oil**, flaxseed oil, saw palmetto, chamomile, green tea, vitamin K and E)

“Immunomodulators”

These drugs significantly increase your risk of infection after surgery. They will need to be stopped for 2 weeks before your surgery, and at least 2 weeks *after*.

- Common conditions include: rheumatoid arthritis, inflammatory bowel disease, lupus, psoriasis.
- Common drug names include: Methotrexate, Plaquenil, Enbrel, Remicade, Humira, CellCept.

You should also notify your prescribing doctor you will be having surgery, and will need to stop these medications. Do not stop taking these medications without consulting your doctor.