



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

The Naderi Anti-Bleeding, Anti-Bruising Diet

Before Surgery & Injections · What to Avoid and What Is Safe

Follow this diet strictly, starting 2 weeks before your surgery or injections and continuing for 2 weeks after surgery. It directly affects how much you bleed, bruise, and swell, and Dr. Naderi considers it one of the most important parts of your preparation. These ingredients hide in muffins, bread, eggs, packaged foods, smoothies, and drinks. Check every label before you eat or drink.

✗ AVOID Medications

ASPIRIN AND ANYTHING THAT CONTAINS IT

- ✗ Aspirin, Bayer, Bufferin, Ecotrin, Anacin, Excedrin, and Vanquish
- ✗ Alka-Seltzer and BC powder
- ✗ Pepto-Bismol and Doan's. Both contain a salicylate, a close relative of aspirin.

ANTI-INFLAMMATORIES (NSAIDS)

- ✗ Motrin, ibuprofen, Advil, Aleve, Naprosyn, Midol, and all other over-the-counter NSAIDs
- ✗ Cold, sinus, and pain medications that contain an NSAID
- ✗ Prescription anti-inflammatories: meloxicam (Mobic), diclofenac (Voltaren), ketorolac (Toradol), indomethacin, nabumetone, and etodolac

BLOOD THINNERS

- ✗ Coumadin, heparin, Lovenox, Pradaxa, Eliquis, and Xarelto
- ✗ Plavix, Brilinta, and Effient

PRESCRIPTION MEDICATIONS

Check with your prescribing doctor before stopping any medication.

Ozempic, Wegovy, Mounjaro, Zepbound, and similar injections: tell Dr. Naderi if you take one, even in small doses. They do not increase bleeding, but they affect anesthesia. Do not stop them on your own.

SAFE FOR PAIN AND BRUISING

- ✓ Tylenol (acetaminophen)
- ✓ **After your procedure, not before:** Arnica and bromelain. Choose Arnica with no added echinacea.

✗ AVOID Vitamins and supplements

VITAMINS AND OILS

- ✗ Vitamin D and vitamin E (vegan vitamin D is fine)
- ✗ All other vitamins and supplements, including DHA and melatonin
- ✗ Omega-3, omega-6, and fish oil
- ✗ Cod liver oil, flaxseed oil, and evening primrose oil

HERBS AND OTHER SUPPLEMENTS

- ✗ Ginkgo, ginseng, St. John's wort, and echinacea
- ✗ Turmeric or curcumin, garlic, and ginger capsules
- ✗ Feverfew, dong quai, bilberry, saw palmetto, and willow bark
- ✗ Glucosamine and chondroitin
- ✗ Nattokinase and resveratrol
- ✗ All other herbal supplements

POWDERS AND HEALTH DRINKS

- ✗ Workout and protein powders, unless they are on the Safe list on page 2
- ✗ Health food store pills, drinks, juices, and smoothies

LONGEVITY AND "BIOHACKING" PRODUCTS

- ✗ NAD and NMN, including injections and IV drips
- ✗ Peptides: BPC-157, TB-500, ipamorelin, CJC-1295, sermorelin, and others
- ✗ IV vitamin drips and methylene blue
- ✗ Rapamycin and dasatinib. These are prescriptions, so check with your prescribing doctor first.

✗ AVOID *Foods and drinks*

FISH, NUTS, AND SEEDS

- ✗ Fish, sushi, and seaweed
- ✗ All nuts, including nut milks, powders, flours, and butters
- ✗ All seeds (flaxseed, chia, grapeseed, tahini)
- ✗ Granola bars

FRUITS, VEGETABLES, AND GRAINS

- ✗ Avocado, guacamole, and hummus
- ✗ Tempeh and quinoa
- ✗ Pomegranate, grapes with seeds, berries, and papaya
- ✗ Sprouts (Brussels sprouts are fine)
- ✗ Onions

DRINKS AND SWEETS

- ✗ Green tea and chamomile tea
- ✗ Alcohol, especially red wine
- ✗ Dark chocolate and cocoa

SPICES AND OILS

- ✗ Turmeric, garlic, ginger, licorice, cinnamon, and all other spices (salt and pepper are fine)
- ✗ Olive oil, grapeseed oil, and other oils (coconut oil is fine)

✓ SAFE *Generally fine to eat*

Some of these foods, such as eggs, milk, yogurt, bread, and protein powders, can have omega-3 added, which increases the risk of bleeding. **Check the label first.**

PROTEIN

- ✓ Chicken, turkey, beef, pork, and lamb
- ✓ Eggs with no added omega-3
- ✓ Tofu with no added omega-3
- ✓ Beans and lentils
- ✓ Pure pea, soy, or whey protein powder with no added omega-3
- ✓ Pure amino acids

GRAINS, VEGETABLES, AND FRUIT

- ✓ White and brown rice (no wild rice)
- ✓ Bread with no seeds or nuts and no added omega-3
- ✓ All green vegetables: lettuce, kale, broccoli, and Brussels sprouts
- ✓ Citrus fruits
- ✓ Pineapple and pineapple juice. Eat the center core too; its bromelain helps reduce swelling.

DAIRY AND OIL

- ✓ Milk and yogurt with no added omega-3
- ✓ Coconut oil

Questions about the diet? Call 703.481.0002 (Virginia) or 301.222.2020 (Maryland), or email Surgery@NaderiCenter.com.