



Pre-Operative Foods to Avoid

We have compiled a list of foods containing Salicylates (a substance commonly found in Aspirin). These foods should be avoided for 2 weeks (14 days) prior to surgery.

| | |
|-------------------|--------------|
| Almonds | Nectarines |
| Apricots | Oranges |
| Cherries | Peaches |
| Cucumbers | Pickles |
| Cumin | Plums |
| Currants | Prunes |
| Curry | Raisins |
| Grapes | Tomatoes |
| Grape Juice | Tomato Juice |
| Jellies/Preserves | Vinegar |
| Wine | |

If you have questions regarding any foods or beverages, please feel free to ask the doctor or a member of our staff.