



The Eye Center of Fort Wayne

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ASA Pre-Operative Medication Instructions

1. Celebrex 200mg by mouth two times a day. Start three days before surgery.
2. Take a multi-vitamin (like Centrum) one week before and one week after.
3. Vitamin C 1000 mg a day: Start taking one week before surgery and take three months after surgery.
4. Vitamin E 800 IU a day: Start taking one week before surgery and take one week after surgery.
5. Vitamin A 20,000 to 25,000 IU a day: Start taking one week before surgery and take one week after surgery.
6. Barlean's Flax Seed Oil Tablet 2000 mg: Start taking one week before surgery. Take until gone.