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**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 fourteen 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.