

# Tranexamic Acid for Patient Safety

**T**ranexamic acid inhibits fibrinolysis and promotes clotting; it inhibits inflammation and it inhibits neovascularization; therefore tranexamic acid is effecting at . . .

**R**educing bleeding, bruising, swelling, inflammation and erythema

**A**dverse effects include headaches, back pain, nasal sinus problem, abdominal pain, diarrhea, fatigue, anemia

**N**ever bolus intravenously; always give 1 vial (10ml = 1 gram) of tranexamic in 250 ml saline intravenously over 10 minutes to avoid hypotension; a standard oral dose is 1,300mg (two 650mg tablets) three times per day (3,900mg/day) for a maximum of 5 days. The maximal intravenous dose in normal adults is 40mg/kg/day.

**E**limination of tranexamic acid is 95% renal; adjust the dose based on creatinine level.

**X**eric is an ecological term used to describe anywhere extremely dry and this is the goal for the surgical field to improve clarity in facelifts, rhinoplasties, and other meticulous cosmetic procedures – topical tranexamic acid provides a dry surgical field!

**A**llow topical tranexamic acid to work for 5 minutes for optimal efficacy

**M**ix 1 vial (10ml = 1 gram) of tranexamic acid with 23ml saline to make 33ml of 3% topical tranexamic acid solution for smaller cases such as rhinoplasty; mix 3 vials (30ml = 3 grams) of tranexamic acid with 69ml saline to make 99ml (100ml) of 3% topical tranexamic acid for larger cases such as breast augmentation, breast reduction and abdominoplasty. The maximal topical dose is unknown and it has been suggested that no more than 6 vials be used topically as a 3% solution.

**I**nteractions include prothrombic concentrates (human), anti-inhibitor coagulant complex, factorial x, factorial x (recombinant), defibrotide, mestranol

**C**ontraindications include acquired defective color vision, subarachnoid hemorrhage, active intravascular clotting, hypersensitivity to tranexamic acid

**Disclaimer:** The preceding methods are not required. They are recommendations from The Aesthetic Society Patient Safety Committee as of April 2019 and do not establish a standard of care. You may download this document and any updates at [www.surgery.org/downloads/scissors-on-the-seam/TranexamicAcid.pdf](http://www.surgery.org/downloads/scissors-on-the-seam/TranexamicAcid.pdf) to tailor to your specific practice. ©2019 American Society for Aesthetic Plastic Surgery. All rights reserved.

