



HERBAL AND DIETARY SUPPLEMENTS TO AVOID BEFORE AND AFTER SURGERY

The use of herbal and dietary supplements is very common today. Some of these supplements can cause problems with surgery. They can result in excess bleeding, poor healing of surgical incisions, alterations in electrolyte levels, or can interfere with medications used during surgery.

Please do not take the following products for at least two weeks before and two weeks after your surgery:

PRODUCT	POTENTIAL COMPLICATION
Aloe	Delay healing, decrease serum potassium
Bilberry	Decrease blood clotting and serum glucose
Cayenne.....	Decrease blood clotting
Danshen.....	Decrease blood clotting
Don Quai.....	Decrease blood clotting
Echinacea.....	Interferes with anesthetics
Ephedra (Ma Huang).....	High blood pressure and heart rate
Feverfew	Decrease blood clotting
Garlic	Decrease blood clotting and serum glucose
Ginger.....	Decrease blood clotting
Golden Seal.....	Decrease blood clotting
Ginkgo Biloba.....	Decrease blood clotting
Indian Snake Root.....	High blood pressure and heart arrhythmias
Ginseng.....	Decrease blood clotting and serum glucose
Kava Kava	May interfere with the effects of general anesthesia
Red Clover	Decrease blood clotting
Metabolife	High blood pressure and heart rate
Supplemental Oils.....	Decrease blood clotting
St. John's Wort.....	Interfere with anesthetics
Valerian	Interfere with anesthetics
Vitamin E (Mega dose-400 IU)	Decrease blood clotting
Yohimbe (Coryanthe Yohimbe).....	Increases potency of anesthetic agents

NOTE: Normal culinary use as a food flavoring should not pose a problem.