HERBS AND SUPPLEMENTS TO AVOID PRIOR TO SURGERY

This is a partial list of herbs and supplements that should be discontinued at least 2 weeks prior to surgery as they may cause bleeding, or may affect anesthesia. Please advise Dr. Holzman if you are taking any of these supplements. This is only a partial list, and Dr. Holzman asks that you report ALL of the medications and supplements that you are taking during your first office visit. Carefully read the label of any supplement that you are taking for the ingredients on this list.

DO NOT TAKE ANY SUPPLEMENTS ON THIS LIST FOR AT LEAST 2 WEEKS PRIOR TO AND FOLLOWING YOUR SURGERY WITHOUT DR. HOLZMAN’S CONSENT.

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| Agrimony  Alfalfa  Angelica  Anise  Asafoetida  Aspen  Bilberry  Black Cohosh  Bogbean  Boldo  Borage Seed Oil  Capsicum  Cayenne  Celery  Chamomile  Clove  Danshen  Dong quai  Ephedra  European Mistletoe  Echinacea  Fenugreek  Feverfew | Fish Oil  Omega 3 Fatty Acids  Flax Seed Oil  Fucus  Garlic  Ginger  Ginkgo  Ginseng  Goldenseal  Hawthorne  Horse Chestnut  Horseradish  Hydroxycut  Kava  Licorice  Ma Huang  Meadowsweet  Onion  Papain  Passionflower  Pau D’Arco  Plantain | Poplar  Prickly Ash  Quassia  Red Clover  Red Sage  Safflower  St. John’s Wart  Stinging Nettle  Sweet Clover  Sweet Vernal- Grass  Tanshen  Tonka Bean  Tumeric  Vitamin E  Wild Carrot  Willow Bark  Yarrow  Yohimbe |