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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| AgrimonyAlfalfaAngelicaAniseAsafoetidaAspenBilberryBlack CohoshBogbeanBoldoBorage Seed OilCapsicumCayenneCeleryChamomileCloveDanshenDong quaiEphedraEuropean MistletoeEchinaceaFenugreekFeverfew | Fish OilOmega 3 Fatty AcidsFlax Seed OilFucusGarlicGingerGinkgoGinsengGoldensealHawthorneHorse ChestnutHorseradishHydroxycutKavaLicoriceMa HuangMeadowsweetOnionPapainPassionflowerPau D’ArcoPlantain | PoplarPrickly AshQuassiaRed CloverRed SageSafflowerSt. John’s WartStinging NettleSweet CloverSweet Vernal- GrassTanshenTonka BeanTumericVitamin EWild CarrotWillow BarkYarrowYohimbe |