

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.

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