

## Herbal Supplement and Vitamin Instructions

It is very important to let Dr. Winslow or Triste' know if you are taking Herbal Supplements and Vitamins. Although these can offer many benefits, they can adversely affect surgical procedures. Supplements can cause an increase in the length of healing time, and have adverse reactions with anesthesia and pain killers. Listed below are the major supplements associated with problems. Please feel free to ask us if your supplements are not listed. A Multi-Vitamin is fine to continue.

If you are taking Supplements please stop them 10 days to 2 weeks prior to surgery and do not resume until 1 week following surgery.

**STOP TAKING ANY WEIGHT LOSS SUPPLEMENTS 2 WEEKS PRIOR TO SURGERY.**

Potential Complications:	Supplement/Medication			
Increased Bleeding:	Aspirin	Coenzyme Q10	Guggul	Policosanol
	Angelica Root	Cranberry	Horse Chestnut	Poplar
	Anise	Danshen	Horseradish	Prickly Ash
	Arnica Flower	Dvil's Claw	Jiaogulan	Quassia
	Asafoetida	Dong Quai	L-Carnitine	Red Clover
	Bishop's Weed / Omum	Epimedium	Lovage Root	Reishi Mushrooms
	Bladderwrack	Evening Primrose	Lycium	Resveratrol
	Bpgbean	Fenugreek	Meadowsweet	Rue
	Boldo	Fever Few	Melatonin	Saw Palmetto
	Borage Seed Oil	Fish Oil	Mesoglycan	Siberian Ginseng
		Flaxseed	Nattokinase	Soy
	Capsicum	Flaxseed Oil	Onion	Sweet Clover
	Carrageenan	Forskolin	Pantethine	Tiratricol
	Celery	Garlic	Papain	Tumeric
	Chamomile	Ginger	Papaya	Vinpocetine
	Chondroitin (High Doe)	Ginkgo	Parsley	Vitamins A, E & K
	Clove	Glucosamine (high dose)	Passion Flower	Wild Lettuce & Carrots Willow Bark
Cod Liver Oil	Grapefruit	Pau D'Arco	Wintergreen	
Cardiovascular Side effects:	*Ephedra *Golden Seal *Licorice *Ginseng	*Guarana * Ma Haung		
Increased metabolism of medications	* St. John's Wort			