



## Herbal Remedy Guidelines for Surgery

MANY PATIENTS WHO TAKE HERBAL REMEDIES ARE NOT AWARE OF THEIR POTENTIAL FOR CREATING INTRA AND POSTOPERATIVE COMPLICATIONS. IF YOU ARE TAKING ANY OF THESE, PLEASE BE SURE TO DISCUSS THEM WITH DR. KREUL DURING YOUR PREOPERATIVE EVALUATION FOR SURGERY.

Please discontinue taking all herbal remedies and supplements listed below for at least 2 weeks before and after surgery.

- **ECHINACEA:** Used to boost the immune system, it can actually suppress immunity if taken for longer than eight weeks and can disrupt wound healing.
- **VITAMIN E, FISH OIL, GARLIC, GINGKO, GINSENG, GINGER AND FEVERFEW:** May increase bleeding.
- **GINSENG:** May increase bleeding, heart rate and blood pressure.
- **ST. JOHN'S WORT:** May increase bleeding, increase metabolism of drugs used before and after operation, and prolongs anesthesia effects.
- **MA HUANG:** Increases the risk for heart attack and heart-rhythm problems.
- **KAVA:** Intensifies the effects of anesthesia.
- **VALERIAN:** Also intensifies anesthesia's effects. Taper usage before surgery. Going cold turkey could give you withdrawal problems.
- **GOLDENSEAL:** May exacerbate post-surgery swelling and/or high blood pressure.
- **LICORICE, YOHIMBE:** High blood pressure, swelling, and electrolyte imbalances.
- **SAW PALMETTO:** May interact with other hormone therapies.

**NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.**