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THE AESTHETIC WELLNESS CENTER

Supplements to Discontinue During the Pre-Operative Period

The "natural products" listed below may be beneficial for a variety of ailments, but their use around the time of surgery may not be desirable. Therefore, it is advisable to stop taking these products to avoid problems with surgery and anesthesia. All supplemental shakes should be avoided as well. If time permits, discontinue the use of these products two weeks prior to surgery, and for two weeks after surgery.

Specific nutritional supplements that should be discontinued include:

Bilberry (*vaccinium myrtillus)* - Contain anthocyanosides, flavanoid compounds that improve visual acuity and are important in the treatment of eye disorders. Antioxidant that strengthens capillaries and collagen. Has antiplatelet activity and may inhibit clot formation.
Bromelain *(pineapple enzyme)* – Protein enzyme that occurs naturally in pineapple. It acts as a homeopathic anti-inflammatory which can increase bleeding. All pineapple supplements, juice or fruits should be avoided.
Cayenne *(capsicum annuum)* - Used for GI tract disorders. Overdose may cause severe hypothermia.
Dong Quai *(angelica sinensis)* - Main use is for relief of menstrual disorders and menstrual cramps. Often used to relieve menopausal symptoms. Active constituent is coumarin derivative, which may potentiate existing anticoagulant medications.
Echinacea *(echinacea augusifolla)* - Immune system stimulant with anti-inflammatory, antiviral and antibacterial effects. Used as a prophylaxis for upper respiratory infections. Use of echinacea may impact the liver when general anesthetic or certain other medications such as anabolic steroids or methotrexate are used.
Feverfew *(tanacetum paithenium)* - Used for migraine headache prevention and for arthritis, rheumatic disease & allergies. May increase bleeding, especially in patients taking certain anticlotting medications.

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Fish Oil Caps - Supplies important omega-6 fatty acid DHA, and EPA, used to reduce cholesterol and triglyceride levels. Has blood-thinning properties.
Garlic *(allium sativum)* - Has vasodilatory, hypo-cholesterolemic and antiplatelet effects. May augment effects of coumadin, warfarin and NSAIDs causing abnormal bleeding time
Ginger *(zingiber officinale)* - Useful as an antispasmodic, anti-inflammatory and anti-nauseant. Prophylactic for motion sickness and used to stimulate appetite. Useful for post-op emesis. May alter bleeding time and interfere with cardiac and anticoagulant medications.
Ginkgo Biloba One of the oldest living tree species which can live up to 1,000 years and grow to a height of 120 feet. Used as an antioxidant and circulatory stimulant. Used for treatment of intermittent claudication, tinnitus, vertigo, memory enhancement, and sexual dysfunction. Anticoagulant activity is 3X stronger than vitamin E,
Ginseng *(panax ginseng/panax quinquefolium)*- At least 3 different varieties: Asian, American and Siberian. Improves physical & cognitive performance, mood or metabolism. An antioxidant. Anticoagulant that may interact with cardiac, hypo/hypertensive medications and hypoglycemic agents.
Hawthorne *(crataegus laevigata)* - The extract is used for its ability to potentiate the action of cardiac glycosides. Used in the treatment of ischemic heart disease, hypertension, angina and chronic congestive heart disease. Potentiates the actions of digitalis and other cardiac glycosides.
Kava Kava *(piper methysticum)* - Sedative, analgesic, soporific, anti-convulsant, muscle relaxant, anxiolytic. Similar to the effects of benzodiazepines in treatment of anxiety. May potentiate CNS effects of barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.
Licorice Root *(gycyrrhiza glabra)* - Used for gastric and duodenal ulcers, gastritis and cough/bronchitis. Glycyrrhizic acid in licorice may cause high blood pressure, hypokalemia and edema.

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Ma Huang *(ephedra sin/ca)* - Used in weight loss & energy products; a natural amphetamine with powerful stimulant effects. More than 800 adverse reactions reported with the FDA. Causes hypertension, tachycardia, cardiomyopathy, and cardiac dysrhythmias.

Melatonin - A hormone secreted by the pineal gland. Regulates many other hormones that are involved in controlling circadian rhythm. Used for jet lag, insomnia and SAD (seasonal affective disorder). May potentiate CNS effects of barbiturates and general anesthetics.

Red Clover *(trifolium pratense)* - Used to relieve menopausal symptoms. Active constituent include coumarin derivatives, which may potentiate existing anticoagulant medications.

St. John's Wort *(hypericum perforatum)* - Herb used as mild anti-depressant, sedative, anxiolytic. May have a monoamine oxidase (MOA) inhibitory effect. Can interact with MAO inhibitors and other anti-depressants. Many other drug interactions reported.

Valerian *(valeriana officinalis)* - Used as a sedative, hypnotic, and anti-spasmodic in the GI tract. Relieves anxiety, nervousness and insomnia. May increase effects of sedative hypnotics.

Vitamin E - Important fat-soluble vitamin that acts as an antioxidant and prevents the oxidation of polyunsaturated fatty acids. Used in the prevention and treatment of cardiovascular disease, cancer, age-related degenerative diseases. Anti-clotting benefits can prolong bleeding time.

Yohimbe *(corynanthe yohimbe)* - "Natural Viagra®" that has MAO effects. Yohimbine is the agent extracted from the bark of the yohimbe tree. The tree grows in African nations of Cameroon, Gabon, & Zaire. Purported to have both psychological and physical effects. Increases the potency of anesthetics.

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