

## Herbal Remedies, Vitamins, and Supplements Before Surgery

Medicinal plant products and foods have been used for centuries to treat ailments. In modern times, these products are available commercially and often considered by the general public to be “safe” because they are “natural.” Many plant and food remedies function no differently than man-made medicines. They change biochemical pathways in the body, interact with other medications, are subject to overdose, and produce side effects. One undesirable side effect is an increased risk of bleeding. You must pay attention to what herbs and supplements you are taking if you are planning surgery.

You should avoid ALL VITAMINS, HERBS, AND SUPPLEMENTS:

- At least **7 days BEFORE surgery**
- At least **7 days AFTER surgery OR while you are taking any prescribed blood thinning medications, including aspirin, whichever is LONGER**

The following have shown to increase bleeding risk alone or in combination with other medications. This list is not all-inclusive:

Aloe	Ginkgo biloba
Ajoene	Ginseng
Birch bark	Grapeseed extract
Cayenne	Meadowsweet
Chinese black tree fungus	Milk thistle
Cumin	Omega-3 fatty acids
Chamomile	Onion extract
Cranberry	Oregano
Dong quai	Red clover
Evening primrose oil	Saw palmetto
Fenugreek	St. John's wort
Feverfew	Turmeric
Garlic	Vitamins C&E
Ginger	White willow