



HERBS & SURGERY: A RISKY COMBINATION

A recent report from the University of Chicago found that several common herbal supplements may lead to complications both during and after surgery.

"Patients should tell their doctors exactly what herbal medications they're taking and doctors should ask their patients about herbal use as well," says

study coauthor Jonathan Moss, M.D., Ph.D. The chart below lists eight commonly used herbs and the risks they pose to surgical patients. *Dena Bunge*

HERB	COMMON USES	POSSIBLE PROBLEMS	DISCONTINUE USE PRIOR TO SURGERY
ECHINACEA	For viral, bacterial and fungal infections	May cause allergic reaction or reduce effectiveness of immunosuppressants	*
EPHEDRA	For asthma and bronchitis; weight loss; energy boost	May disrupt heart rhythm, increase blood pressure, cause cardiomyopathy (a weakening of the heart) or stroke	At least 24 hours
GARLIC	To lower blood pressure and cholesterol levels	May increase the risk of internal bleeding; may disrupt blood pressure	At least 7 days
GINKGO	To improve memory and awareness; for altitude sickness, vertigo and tinnitus	May increase the risk of internal bleeding	At least 36 hours
GINSENG	To protect the body against the effects of stress; lower blood sugar	May increase the risk of bleeding; may cause hypoglycemia	At least 7 days
KAVA	For anxiety	May increase the sedative effects of anesthesia	At least 24 hours
ST. JOHN'S WORT	For mild to moderate depression (short term)	May inhibit the effects of various surgical medications	At least 5 days
VALERIAN	For insomnia	May increase effect of anesthesia or tolerance to it	*

PATIENT

WITNESS

DATE

Allure Institute for Plastic Surgery

DRUGS THAT CAUSE BLEEDING PROBLEMS

Two weeks prior to surgery, please do not take any medication that contains vitamin E, aspirin, aspirin products, and medication containing ibuprofen. Below is a partial list of medicines that can cause bleeding. If your medicine is not listed here, check with your pharmacist. These and other medicines have an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the post operative period. All Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) can cause bleeding and are to be stopped 2 weeks prior to surgery.

Advil	Daypro	Magan	Presalin
Aleve	Depakote	Mg salicylate	Quagesic
Alcohol	Dexamethasone	Magnaprin	Red Wine
Alka-Seltzer	Diclofenac	Marnal	Relafen
Amigesic	Dipyridamole	Meclofenamate	Rexolate
Anacin	Disalcid	Meclofen	Robasissal
Anaprox	Divalproex	Measurin	Roxiprin
Anaproxin	Doan's Pills	Meclomen	Rufin
Anexia w/codeine	Dolobid Liquiprin	Mediprin	Saleta
Anodynol	Dristan	Mefenamic	Salaflex
Ansaid	Easprin	Menadob	Salsalate
APC	Ecotrin	Meproamate	Salsitab
	Emagrin Forte	Midol (any form)	Sine Off
Argesic	Empirin	Mobidin	Sine Aid
Arthra G	Emprazil	Mobigesic Tablets	Na Thiosalicylate
Arthropan	Endodan	Monogesic	Soma Compound
A.S.A.	Excederin	Momentum	Sulindac
Ascocleen	Equazine	Motrin	St. Joseph Aspirin
Ascriptin	Feldene	Nabumetone	Supac
Aspercream	Fenoprofen	Nalfon	Synalgos-DC
Aspergum	Feverfew	Naprosyn	Talwin Compound
Aspirin	Fiogesic	Naproxen	Tanacetum
BC Powder	Fiorgen PF	Norgesic	Tolectin
Baby Aspirin	Fiorinal	Norwich	Tolmetin
Bayer	Flurbiprofen	Nuprin	Toradol
Bexophene	Froben	Ocufen	Trandate
Bextra	4-Way Cold Tabs	Orphengesic	Trental
Brufen	Garlic Capsules	Orudis	Trendan
Buffaprin	Gelprin	Oruvail	Trigesic
Bufferin	Gemnisyn	Oxycodone	Trilisate
Buffinol	Genpril	Oxyphenbutazone	Tusal
Buffex	Genprin	Oxybutazone	Vanquish
Butazolidin	Ginko Biloba	Oxyprozin	Vitamin E
Cama Arthritis Strength	Goody's HA Tabs	Pabalate	Voltaren
Cephalgesic	Haltran	Pamprin	Warfarin
Cheracol Caps	Halfprin	Pepto-Bismal	Willow Bark
Children's Aspirin	Ibuprin	Percodan	Wesprin
Choline Salicylate	Ibuorfen	Percodan-Demi	Zactin
Clinoril	Ibuprohm	Persantine	Zorprin
Congesprin	Indameth	Persistin	
Cope	Indocin	Phenaphen	
Corticosteroids	Indomethacin	Phenylbutazone	
Coumadin	Ketoprofen	Piroxicam	
Darvon ASA	Ketorolac	Ponstel	
Darvon Compound	Lortab ASA	Prednizone	

Patient Signature: _____

Date: _____

Witness: _____