

Herbal Supplements To Avoid within 2 Weeks of Surgery

(adapted from *Perioperative Risks and Benefits of Herbal Supplements in Aesthetic Surgery*
DJ Rowe, AC Baker. *Aesthetic Surgery Journal* 2009; 29: 150–157.

Bleeding effects

Ginkgo biloba
Garlic
Ginseng
Fish oils (omega-3 fatty acids)
Dong Quai
Feverfew

Cardiovascular effects

Ephedra (tachycardia, hypertension,
and palpitations)
Garlic (hypotension)

Anesthetic effects

Valerian root
St. John's wort
Kava

Drug interactions

Echinacea (cytochrome P450, corticosteroids,
and cyclosporine)
Goldenseal
Licorice
St. John's wort
Kava
Valerian root

Other

St. John's wort and Dong Quai (photosensitivity)
Ginseng (hypoglycemia)