

Westlake Plastic Surgery™

D R . R O B E R T C A R I D I

Addendum to Aspirin Use

All of these herbal supplements should be discontinued at least **2 weeks** prior to surgery. Please let the nursing staff know if you are taking any of these supplements.

Herbal Supplements that may cause bleeding

Agrimony	European	Horseradish	Safflower
Alfalfa	Mistletoe	Hydroxycut	Southern Prickly
Angelica	Echinacea	Licorice	Ash
Anise	Fenugreek	Meadowsweet	Stinging Nettle
Asofoetida	Feverfew	Melatonin	Sweet Clover
Aspen	Fish Oils	Northern Prickly	Sweet Vernal
Bilberry	(Omega-3	Ash	Grass
Black Cohosh	Fatty acids)	Onion	Tonka Bean
Bogbean	Flax Seed Oil	Papain	Tumeric
Boldo	Fucus	Passionflower	Vitamin E
Borage Seed Oil	Garlic	Pau D' Arco	Wild Carrot
Capsicum	Ginger	Plantain	Wild Lettuce
Cayenne	Ginkgo	Poplar	Willow Bark
Celery	Ginseng	Quassia	Yarrow
Clove	Goldenseal	Red Clover	Yohimbe
Danshen	Hawthorne	Roman	
DongQual	Horse Chestnut	Chamomile	

Herbal Supplements that may affect Anesthesia

Ephedra Ma Huang Kava St. John's Wart Valerian